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TRIDENT

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

A long way up

Members of the ship's company of HMCS Ville de Québec are seen perched on the top of the mast during recent maintenance and lookout duties at sea. The ship is currently sailing alongside NATO allies as part of Standing NATO Maritime Group 1, having left Halifax in July for a six-month Operation REASSURANCE deployment.

CPL GREGORY COLE





Members of the SWOAD team assist in fueling prior to helicopter operations.

CPL MITCHELL PAQUETTE



The embarked Canadian Coast Guard Bell 429 Global Ranger light helicopter prepares to take on passengers during an Allied Personnel Swap exercise in the vicinity of Newfoundland and Labrador during Operation NANOOK-TUUGAALIK, August 18.

CPL MITCHELL PAQUETTE

HMCS *Robert Hampton Gray* marks AOPV milestone with SWOAD certification

By Trident Staff

His Majesty's Canadian Ship (HMCS) *Robert Hampton Gray* has become the first Harry DeWolf-class Arctic and Off-shore Patrol Vessel (AOPV) certified to conduct flight operations as a Ship Without Air Detachment (SWOAD), embarking a Canadian Coast Guard helicopter for Operation NANOOK-TUUGAALIK.

The ship left Halifax in August with a Canadian Coast Guard (CCG) Bell 429 Global Ranger light helicopter aboard, alongside the Royal Danish Navy's HDMS *Thetis* and the Canadian Coast Guard Ship *George R. Pearkes*. This also marks the first time a CCG helicopter has deployed from a Royal Canadian Navy ship.

The SWOAD status allows a crew to run helicopter operations, including recovering, refueling and launching an aircraft, without a dedicated air detach-

ment embarked, using sailors from other trades trained to fill those roles. It's a qualification often held by Halifax-class frigates, but *Robert Hampton Gray* is the first Harry DeWolf-class ship to reach it and embark a helicopter for operations.

Getting there took extensive training across multiple ship departments. On August 17, the crew ran its final assessed crash-on-deck drill, simulating a complicated helicopter crash on the flight deck. The exercise required the Helo Crash Rescue Firefighting Team, Flight Deck Team and Casualty Clearing Team to fight the simulated fire, extract and treat casualties, secure the aircraft and work through initial flight safety reporting, all while coordinating with the embarked CCG aircrew.

The workup also included flying stations, helicopter refueling, and vertical

replenishment operations. The latter is a technique the Canadian Armed Forces doesn't typically use, but that may be an option in the Arctic or other areas where jetty infrastructure is minimal.

Since leaving Halifax, HMCS *Robert Hampton Gray* has put the new capability to use almost immediately. The

SWOAD team first supported an Allied Personnel Swap exercise, coordinating as the embarked Bell 429 took on passengers for transfer between ships. Days later, the ship's Medical Officer climbed aboard the Bell 429 to respond to a medical emergency aboard CCGS *George R. Pearkes*, flying over to render assistance. Both are demonstrations of the kind of flexibility the SWOAD certification and embarked helicopter are meant to provide.

Robert Hampton Gray's crew credited the milestone to a team effort spanning the Helo Crash Rescue Firefighting Team, Flight Deck Team, Casualty Clearing Team and what they called "Team DND" — CCG and RCN personnel working together.

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Le Trident est une publication militaire autorisée par le contre-amiral Pascal Belhumeur, 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

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Naval Large Tugs Update: Preparing for the Future

By A/SLt Mary Long, CFB Halifax Public Affairs

The King's Harbour Master (KHM) team at Canadian Forces Base (CFB) Halifax is making major strides with its new Naval Large Tug. Training is heavily underway for the crew of Canadian Forces Auxiliary Vessel (CFAV) *Canso*, following a successful first cold move with His Majesty's Canadian Ship *Robert Hampton Gray* on July 23. While this milestone was completed under expert supervision, the inaugural crew is now finishing its final, KHM-specific transition checklists, with full training completion expected by early September 2026.

Operating CFAV *Canso* requires a highly skilled, four-person crew consisting of a Master, Chief Engineer, and two Deckhands, which expands to six members for coastal tows. Training has been a large, multi-phase effort including manufacturer indoctrination, hands-on contact training at CFB Esquimalt where the first two Naval Large Tugs were received in 2024, advanced simulation training, and at-sea mentorship.

Looking to the future, a second Naval Large Tug, CFAV *Stella Maris*, is on track to arrive in Halifax before Christmas 2026. Until then, the KHM team will be exceptionally busy as it continues bringing *Canso* online while working to prepare *Stella Maris*' crew; the aspirational goal is for *Stella Maris*' immediate transition into operational service. To guarantee continuous operational capacity while navigating these new logistical complexities, KHM is looking to take a slow, deliberate approach to retiring the existing Glen-class tugs, but the final divestment plan has yet to be finalized.

For more information on the Naval Large Tug project, visit <https://www.canada.ca/en/public-services-procurement/services/acquisitions/defence-marine/national-shipbuilding-strategy/projects/small-vessels/naval-large-tugs.html>

Meet the team and the tug (video): <https://www.facebook.com/reel/1035825922590359>



A message from the 2026 Halifax Region National Defence Workplace Charitable Campaign Champion

Local Defence Team,

Welcome to the 2026 Halifax Region National Defence Workplace Charitable Campaign (NDWCC)!

Our local campaign will run from September 8 to December 11 in collaboration with [United Way Maritimes](#) and [HealthPartners](#). The NDWCC offers Defence Team members a direct line to support over 87,000 registered charities, including many organizations with strong ties to Canada's military and veteran populations.

This year's national campaign slogan, *Together, Building Stronger Communities!*, serves as a reminder that our collective contributions can create meaningful change. Military and civilian Defence Team members—including our colleagues at the Canadian Coast Guard—are encouraged to get involved in this year's Halifax region campaign

by volunteering, canvassing, donating through ePledge, organizing events, attending NDWCC activities, or learning about local and Canadian charities that support the health and wellbeing of our communities. Each individual contribution makes a difference.

Throughout the campaign, our canvassers will visit units across CFB Halifax and the larger Formation to answer questions, help you navigate the ePledge process, or identify other ways to participate in this year's campaign. All 2026 Halifax region NDWCC information will also be available on the Trident Newspaper [NDWCC website](#) and will be updated as the campaign progresses. If you're interested in getting involved in the campaign as a canvasser or in another capacity, please email NDWCCHalifax@forces.gc.ca or contact your [NDWCC Unit Coordinator](#).



Be sure to save the dates for our official NDWCC kick-off BBQ on September 17 outside the Base Logistics main warehouse (building D206 – rain date: September 22), the NDWCC Golf Tournament on September 28, Bring Your Dog to Work Day on October 28, and our NDWCC Travel Party on November 25. More events will be added as the campaign progresses. Monitor our [campaign website](#), the MARLANT splash page, CFB Halifax social media channels

([Facebook](#) and [Instagram](#)), and weekly NDWCC Base-wide emails for upcoming event details.

Thank you in advance for your contributions to this year's campaign.

Captain(N) Annick Fortin
Commander, Canadian Forces Base Halifax
2026 Halifax Region NDWCC Champion



CF One App brings member benefits and savings together

By CFMWS

Members of the [Canadian Armed Forces \(CAF\) community](#) can now access their CF One membership benefits more easily with the CF One App, a mobile platform designed to keep exclusive discounts, member services, and important updates all in one place.

Available for both iOS and Android devices, the app allows members to sign in using their existing CF One account and immediately access their digital CF One card. Whether at home, at work, or on the move, members can conveniently carry proof of membership on their smartphone and access benefits whenever they need them.

One of the app's most valuable features is quick access to exclusive discounts available through the CF One Program. Members can browse savings on travel, accommodations, retail purchases, dining, entertainment, and everyday essentials. The app also highlights special offers from CF One partners, making it easier to discover new opportunities to save.

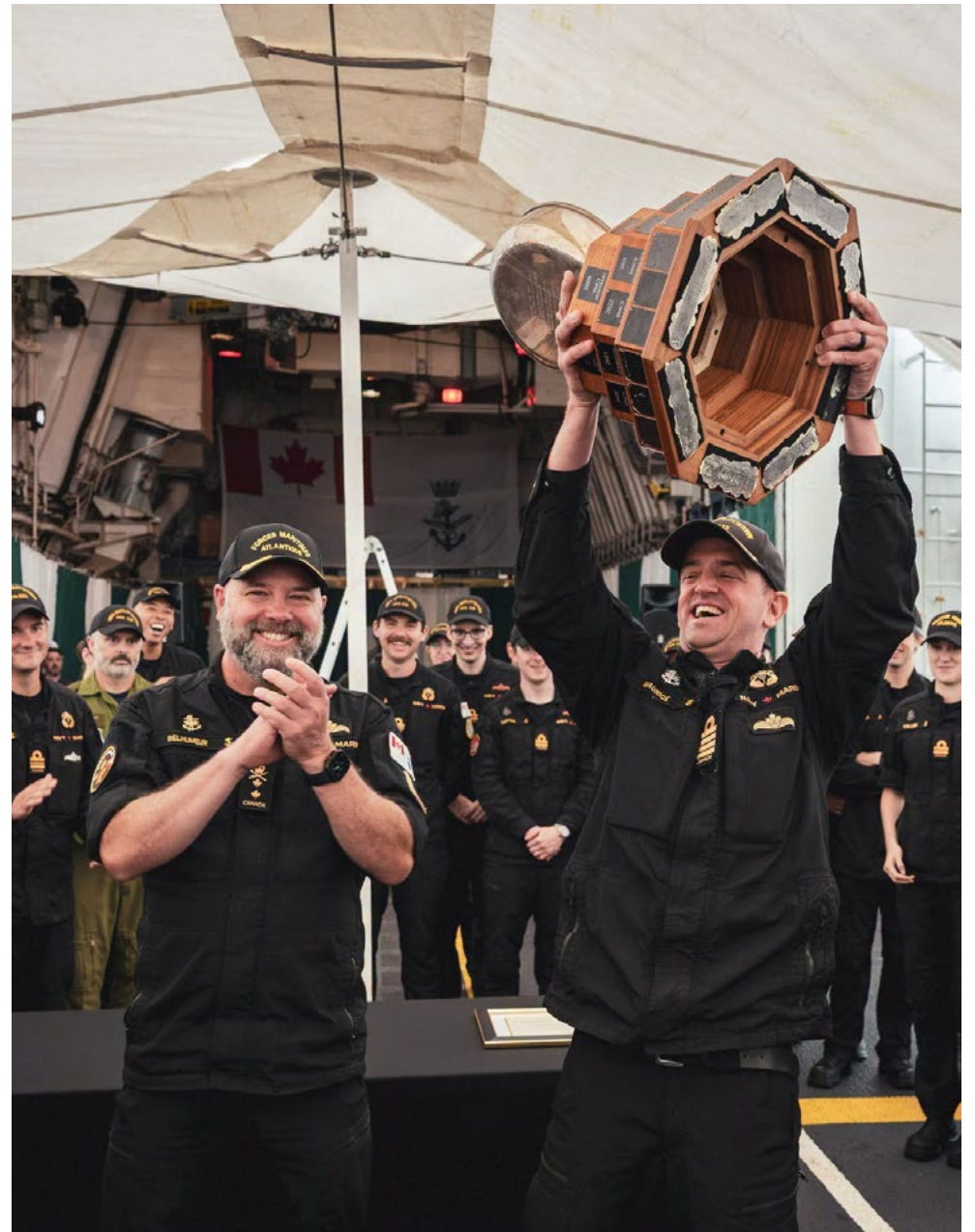
Beyond discounts, the app helps members stay informed through timely notifications and updates. By enabling push notifications, users can receive

information about new programs, promotions, and services tailored to the military community, ensuring they never miss an opportunity to take advantage of their membership benefits.

The app also serves as a gateway to the broader range of CF One services, including travel discounts, recreation opportunities, CANEX offers, and other specialized benefits available to CAF members, veterans, the extended Defence Team, and their families. By bringing these resources together on a single platform, the app helps members make the most of their CF One membership year-round.

Current users are encouraged to update to the latest version of the app to access new features and enhancements. Members who have not yet downloaded the app can find it on the Apple App Store or Google Play and begin exploring the benefits available through the CF One Program.

To learn more or download the app, visit the [CF One Member Appreciation App](#) page on the Canadian Forces Morale and Welfare Services website.

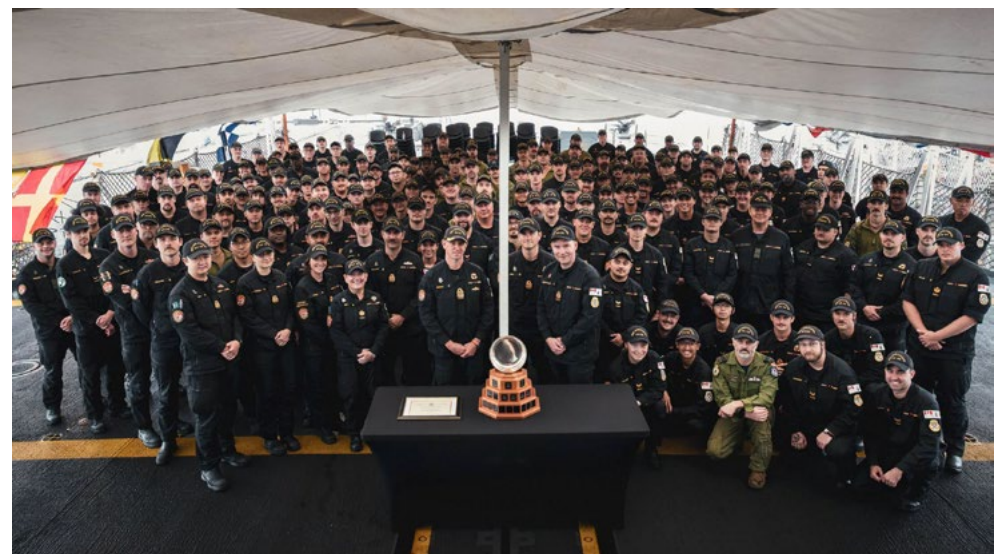


Admiral's Cup presentation aboard HMCS Charlottetown

Fresh off their return from a lengthy Indo-Pacific deployment supporting Operations HORIZON and NEON, the ship's company of HMCS Charlottetown has been recognized for excelling during what was a unique mission for an East Coast vessel. The 2026 Admiral's Cup was presented aboard the ship on August 19 by RAdm Pascal Belhumeur, Commander MARLANT and JTFA, and CPO1 Patrick Mackey, the Formation Chief. The award is presented annually to a MARLANT unit with more than 100 personnel that has demonstrated outstanding efficiency, morale and leadership over the past year.

It was noted that the crew spent more than 150 days at sea through the mission, sailing 45,000 nautical miles across the Indo-Pacific, with visits to 13 ports and participation in four different named exercises alongside allies and partners.

FORMATION IMAGING SERVICES





CIWS engages an incoming drone.

MICHAEL FRANZ, DRDC



The RCN, DRDC, and Raytheon CIWS trial team.

MICHAEL FRANZ, DRDC



A drone is successfully tracked, intercepted, and destroyed by the CIWS.

MICHAEL FRANZ, DRDC

Rapid-fire response: close-in weapons system trials against modern drone threats

By RCN

The Phalanx close-in weapons system (CIWS) was introduced by the Royal Canadian Navy (RCN) in the 1980s as part of wider NATO efforts to strengthen fleet protection. During the Cold War, the rise of anti-ship missiles exposed a dangerous gap in naval defenses—warships needed something that could react instantly in the final moments before impact. CIWS filled that role, designed as an automated, rapid-response system capable of identifying and destroying threats when time had nearly run out.

As naval threats evolved, so too has Phalanx. Modern upgrades have enhanced its sensors and targeting systems, allowing it to tackle a wider range of dangers—from traditional missiles to small boats to, recently, uncrewed aerial systems (UAS).

The Canadian Armed Forces recognizes that uncrewed systems have become a persistent and rapidly evolving threat across all operational domains. In response, the RCN is institutionalizing Counter UAS (C-UAS) capabilities as an essential component of force protection and operational effectiveness.

From May 19-29, the RCN worked with Defence scientists, engineers, and technologists of the Autonomous and Radiological Technologies Section (ARTS) at Defence Research and Development Canada Suffield Research Center (DRDC SRC), Alberta, to test C-UAS upgrades to the CIWS tracking and fire control as well as assess its terminal effects against a wide variety of UAS and engagement scenarios.

Mounted prominently on Canadian

warships, the system combines radar tracking with a high-speed 20 mm Gatling gun, firing thousands of rounds per minute to intercept incoming targets at close range. Its compact, self-contained design allowed it to operate independently, giving crews a reliable safety net if other defensive layers were overwhelmed; the ship's final guardian in high-threat scenarios. Well known by sailors as the "R2 D2" due to its white radar dome and distinct shape, its ability to match the emerging C-UAS threat required assessment.

With a full crew manning a ship and safety templates that stretch into the tens of kilometres requiring off-shore manoeuvres, conducting such trials at sea would be both operationally complex and costly. With 2500 km² of open prairie, un-

limited restricted military airspace, and a synergy of explosives and robotics subject matter experts, DRDC SRC provided a controlled testing environment.

The facility's unique combination of range space, technical support, and operational flexibility allowed us to conduct trials in a highly effective and controlled environment. These advantages not only enhanced the quality of the data collected but also played a key role in the overall success of the program.

After two days of equipment setup and more than five days of live-fire trials involving thousands of rounds and numerous UAS engagements, the team successfully gathered critical data to better understand the performance, capabilities, and limitations of CIWS in the C-UAS role.



413 (Transport and Rescue) Squadron members toured visiting Japanese Navy members around the squadron following an office call of thanks to 14 Wing Greenwood headquarters on August 10, led by Commander Keiko Obata, commanding officer of JS Yamagiri.

14 WING GREENWOOD

Japanese Navy thanks 14 Wing responders for medevac support

By Sara White,
The Aurora

Effusive thanks turned an office call at 14 Wing Greenwood's headquarters by Japanese Navy representatives into a fun, relaxed follow-up to a serious search and rescue (SAR) call.

Early July 19, 413 (Transport and Rescue) Squadron personnel aboard both a CC295 Kingfisher and a CC149 Cormorant flew approximately 200 miles south southwest of Halifax, where two Japanese warships, JS Kashima and JS Yamagiri, were sailing. A member of one of the ships' crews had suffered a sudden collapsed lung and needed a medevac.

"They have lots of stuff on those ships, and they'd done a chest X-ray," says SAR Technician Master Corporal (MCpl) Josh Oakley. "His breathing was impeded; he needed higher medical care. They wanted him off ship to Halifax to be seen."

MCpl Oakley says the medevac from the JS Kashima was unique: 413 Squadron often responds to fishing vessels, pleasure craft, cruise ships and merchant vessels.

"I've never seen these ships. But – it doesn't matter who or what it is: we go."

Major (Maj) Brad Harding was on the Kingfisher, which arrived on scene first. An effort had been made across 14 Wing's text messaging system to find a member who could speak Japanese, to no avail; the Kingfisher crew did its best to lay plans with the Kashima before the Cormorant arrived.

MCpl Oakley says the Navy ship was so big, the helicopter could have landed on its deck with room to spare, but they decided on a "pretty standard hoist – it's what we know, and the conditions were very foggy."

Once the SAR Techs lowered to the deck, they went below to find the Japanese sailor ready, lying on a stretcher in a cramped hallway. Between the working space, the number of personnel gathered to help and the language barrier, they got the patient up and supported him to walk to a lowered basket. Life-jacketed and fastened in, up he went, with an escort sailor, paperwork and an overnight bag; followed by the SAR Techs.

"It was very routine – the whole thing; nothing out of the norm for us – just that it was a Navy ship."

Fast-forward a couple of weeks, and contacts within Training Squadron HQ at the Japan Maritime Self Defence Force reached out to 14 Wing: the commanding officer of the JS Yamagiri was in port in Halifax, and wanted to thank 14 Wing responders for their support of their sister ship. The visit was arranged for August 10.

At 14 Wing headquarters, Maj Harding, MCpl Oakley and several other 413 Squadron representatives were joined by Deputy Wing Commander Lieutenant-Colonel (LCol) Rob Curtis and Wing Chief Warrant Officer Justin Harper. The Japanese party arrived in full white naval dress, including the

now-recovered sailor.

While conversation was very limited, there was much appreciation for two ship plaques presented in thanks to both 14 Wing and 413 Squadron, followed by crests, coins, ball hats, decorated folding fans, Pokémon-themed swag and an oversize bottle of saki (with instructions on how to cheers with a "kanpai" while drinking) from seemingly bottomless gift bags. 14 Wing representatives were hard-pressed to keep up, with framed photos, coins and crests in exchange – even removing patches from their uniform sleeves.

"On behalf of the wing commander, these are tokens of our appreciation, for coming to visit," said LCol Curtis.

At 413 Squadron, visitors were able to tour the two aircraft that took part in the July 19 rescue operation and had the opportunity to view several displays of life jackets and recovered equipment that 413 Squadron often brings back, has signed by the rescue personnel, and then displays in the briefing room or the hangar hallway.

On this occasion, though, they were able to return the Japanese Navy sailor's life jacket in person.

When asked, "are you well?", he replied, "No problem, thank you!"

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BMO



Japanese, Canadian sailors hold joint commemorative ceremony

As part of a recent visit to Halifax by Japan Training Squadron ships JS Kashima and JS Yamagiri, members of the Japan Maritime Self-Defence Force joined with Royal Canadian Navy counterparts for a wreath-laying ceremony at the Sailors' Memorial in Point Pleasant Park in Halifax on August 10. The commemorative ceremony was meant to honour the longstanding friendship and maritime cooperation shared by Canada and Japan.

The two countries also established a new Comprehensive Strategic Partnership earlier this year, as they head toward the 100th anniversary of diplomatic relations in 2028. The [Partnership Roadmap](#) includes plans for further military cooperation and increased participation in bilateral/multilateral exercises and operations.

CPL ANNABELLE MARCOUX



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Standing NATO Maritime Group One (SNMG1) and Standing NATO Mine Countermeasures Group One (SNMCMG1) operated alongside Allied navies in the High North during Exercise NORTHERN VIKING.

NATO MARITIME COMMAND

RCN ships, NATO allies complete Exercise NORTHERN VIKING

By NATO Maritime Command

Exercise NORTHERN VIKING 26, a U.S.-led joint and Allied live exercise, took place in Iceland August 22 – September 3, bringing together Allied forces as they demonstrated NATO's ability to operate together in defence of both Iceland, and the strategically vital sea lines of communication across the Greenland-Iceland-United Kingdom (GIUK) Gap.

NORTHERN VIKING 26 forms part of NATO's broader Arctic Sentry activity, supporting the defence of Iceland and the protection of critical national and NATO infrastructure in the High North.

Standing NATO Mine Countermeasures Group One (SNMCMG1), currently under Lithuanian command, contributed to the exercise alongside Allied maritime and joint forces. Its participation highlights the important role of mine countermeasures (MCM) in maintaining freedom of movement and safeguarding critical maritime routes.

The group brings together a multinational MCM capability, with minehunters from Canada (His Majesty's Canadian Ships *Moncton* and *Edmonton*), Germany, Lithuania and Poland, supported by a Danish Mine Countermeasures team and a Portuguese Explosive Ordnance Disposal (EOD) team. Together, these forces provide a diverse range of specialist capabilities while strengthening Allied interoperability and readiness in the challenging waters

of the North Atlantic.

Standing NATO Maritime Group One (SNMG1), which includes HMCS Ville de Québec, also joined the exercise, bringing together NATO's standing maritime forces in the High North. Operating alongside Allied navies, the two task groups strengthened interoperability across surface, subsurface and mine countermeasure operations, reinforcing NATO's readiness and its ability to safeguard security in the North Atlantic through integrated multinational training.

For Standing NATO Mine Countermeasures Group One (SNMCMG1), participation provides an opportunity to employ and further develop MCM capabilities in the demanding maritime environment of the North Atlantic and High North.

"Exercises such as NORTHERN VIKING demonstrate the value of bringing together Allied mine countermeasures forces with other maritime and joint capabilities. By training together in a demanding operational environment, we strengthen interoperability, share operational experience and improve our readiness to contribute to the security of the North Atlantic," said Commander SNMCMG1, Lithuanian Navy Commander Donatas Geas.

The exercise also underlines the strategic importance of the North Atlantic

and the Greenland-Iceland-United Kingdom (GIUK) Gap. The waters between Greenland and Iceland, and between Iceland and the United Kingdom, form a critical maritime corridor connecting North America and Europe. Operating

in this challenging environment allows Allied forces to build familiarity with the unique conditions of the region while strengthening their ability to operate together in support of NATO's collective defence.



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H&R MFRC offering free Mental Health First Aid training for veteran community

By Trident staff

Members of the veteran community, their families and those who support them will have an opportunity to learn how to recognize and respond to mental health concerns during an upcoming Mental Health First Aid session offered through the Halifax & Region Military Family Resource Centre (H&R MFRC).

The virtual session, scheduled for January 19, 2027, is designed specifically for people who may be in contact with members of the veteran community

experiencing a decline in their mental well-being or a mental health crisis.

Participants will learn practical skills for recognizing signs of mental health decline, starting conversations and providing appropriate support, while also learning strategies to maintain their own well-being.

The session will not train participants to become counsellors or therapists. Instead, it aims to give people the knowledge and confidence to identify

an emerging mental health concern and respond effectively until appropriate professional or other support can be accessed.

The customized training is being offered in partnership with Veterans Affairs Canada through the Veteran Family Program. The session is open to members of the veteran community at no cost. Space is limited and registration will be handled on a first-come, first-served basis.

Priority will be given to medically released veterans and their families, while other members of the community are welcome to register as space permits. A minimum of eight participants is required for the course to proceed.

The session will run virtually through Microsoft Teams from 8:30 a.m. to 3:30 p.m. Registration closes Jan. 5, 2027.

For more information, visit the registration page or contact the H&R MFRC at info@hrmfrc.ca or 902-818-1220.

Members of the Run the Rock team arrived in Gander on July 10 with a Fire Department escort during one of the many fundraising stops and community visits along the Run the Rock route.

MAKE-A-WISH CANADA



Sailors raise record total with Run the Rock

By Trident staff

A team of sailors representing His Majesty's Canadian Ship (HMCS) *St. John's* helped raise \$195,000 for Make-A-Wish Canada through the latest edition of the ship's signature fundraising event.

The 31st annual Run the Rock campaign took place in July across Newfoundland and Labrador. The team completed a relay-style run beginning in Port aux Basques on July 3, visiting more than a dozen communities along the route and collecting donations from local businesses, organizations and other well-wishers.

The campaign wrapped up on July 16 in the ship's namesake city of St. John's, where the Run the Rock team joined representatives of the Make-

A-Wish Canada Newfoundland and Labrador Chapter aboard HMCS *St. John's* for a cheque presentation in the amount of \$195,000. A message from the Chapter thanked the sailors for achieving another record-breaking fundraising total for the event.

"Thank you for taking on the challenge of running across our beautiful province in support of granting wishes to children facing critical illnesses. Your commitment, determination, and passion help bring life-changing wishes to wish children and their families."

Make-A-Wish also thanked the sponsors, volunteers, community members, donors, and supporters, as well as all those who contributed to fundraising efforts.

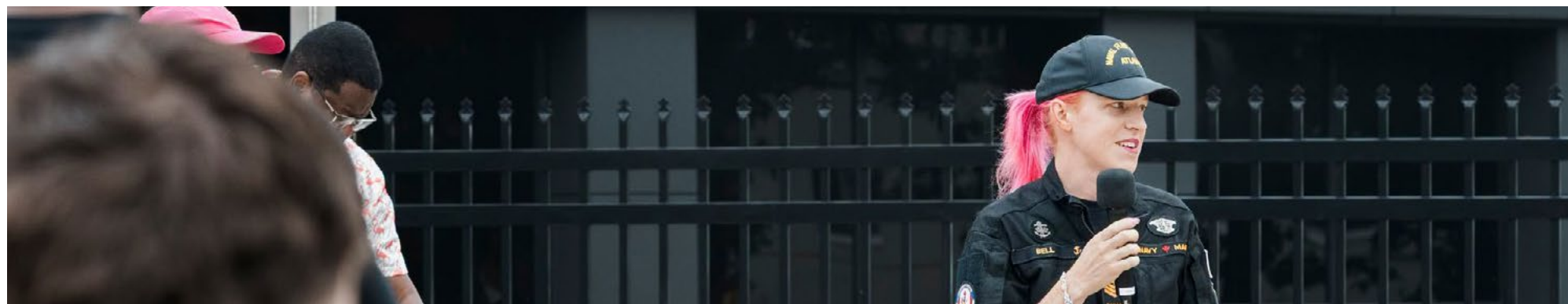


Members of the HMCS *St. John's* Run the Rock team wrapped up this year's Run the Rock campaign with a cheque for \$195,000 to the Make-A-Wish Canada Newfoundland and Labrador Chapter. Members of the Run the Rock team were joined by Make-A-Wish representatives aboard the ship in St. John's on July 16 for the presentation.

HMCS ST. JOHN'S



SPORTS & FITNESS



“Everybody’s In”: Rainbow Fleet Run marks Public Service Pride Week

By Nathan Stone,
Trident Staff

Canadian Armed Forces members and civilian Defence Team staff laced up their running shoes for a Rainbow Fleet Walk/Run at His Majesty’s Canadian Dockyard to mark Public Service Pride Week 2026 on August 20.

The run, hosted by the Atlantic Defence Team Pride Advisory Organization (ADTPAO) and Personnel Support Programs (PSP) Halifax, wound through the dockyard and along the Halifax waterfront to promote physical fitness and visibly demonstrate solidarity with 2SLGBTQI+ members and allies in the public service.

“It’s a good chance to get everybody together and bring together two different military goals, from physical fitness, which is obviously important, to raising awareness of the inclusive environment we’re still working to build,” said Petty Officer 2nd Class (PO2) Astrid Bell, military co-chair of the ADTPAO.

PO2 Bell noted that while significant progress has been made toward inclusion and acceptance within the defence community over recent decades, work remains.

The run was one of several ADTPAO initiatives held during Public Service Pride Week from August 17 to 21, which this year carried the theme “Everybody’s In.” The group also hosted a Positive Space Ambassador course during the week. The two-day program prepares military and civilian participants for the

volunteer [Positive Space Ambassador](#) role, which focuses on building welcoming and inclusive work environments. The Positive Space Ambassador course has been well received and is now offered monthly; the ADTPAO is hoping to train more course facilitators in the near future to keep pace with demand.

The group is also currently looking to fill a vacancy in its Civilian Co-Chair role. Reach out to ADTPAO@forces.gc.ca for more information.

“Getting more engagement from civilian staff would be wonderful, as well as making sure they are supported by their supervisors and managers,” PO2 Bell added.

The capstone of this year’s Public Service Pride Week was the opening of the Thunderhead Monument in Ottawa on August 21. The monument commemorates the Canadian government’s LGBT Purge, which lasted from the 1950s to the 1990s and targeted members of the public service and military.

PO2 Bell described the monument as a powerful reminder of the importance of solidarity and support within the Public Service.

“It doesn’t matter if you’re part of the 2SLGBTQI+ community, an ally, or a supporter. It takes everybody coming together to create a society and a workplace where we can all live openly, authentically, and inclusively,” she said.

PO2 Astrid Bell speaks to Defence Team members on August 20 prior to a Fleet Walk/Run held as part of Public Service Pride Week 2026.

CPL ANTONIO GARCIA ALVAREZ



PSP staff led a warmup to get the morning started.

CPL ANTONIO GARCIA ALVAREZ



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Halifax Mariners headed to CAF Soccer Nationals after Regional victories

By Trident Staff

The Canadian Forces Base (CFB) Halifax Mariners men’s and women’s soccer teams both came away with gold-medal wins for the second year in a row at the recent Canadian Armed Forces (CAF) Atlantic Region Soccer Championships. The tournament took place at the Mainland Common All-Weather Field in Halifax from August 17-21, hosted and organized by Personnel Support Programs (PSP) Halifax staff.

The Halifax teams went undefeated throughout the week. The men’s team racked up wins over Shearwater (5-0), Greenwood (5-0) and Gagetown (2-1) during round-robin play, followed by another 6-0 win over Shearwater in the semifinal and an eventual 2-1 win over Gagetown in the final. On the women’s side, a combined Halifax and Shearwater team found similar success, with 5-0 and 4-1 wins over Greenwood and Gagetown, respectively, earning a bye to the cham-

pionship game and another 5-2 victory over Gagetown.

Gold medals and Most Valuable Player trophies were awarded following the tournament, with CFB Halifax Base Administration Officer Commander Timothy Berryhill and the Base Chief, Chief Petty Officer 1st Class Carlos Esquivel, on hand to make the presentations. The individual awards went to Lieutenant (N) (Lt(N)) Jaidonn Freeland on the men’s side and Lt(N) Kate Costello on the women’s side.

Both teams are now set to return to action later this month at CFB Borden for the CAF National Soccer Championships. The Halifax squads had success at Nationals in 2025, with the women’s team bringing home silver medals and the men’s team securing a bronze finish. They’re hoping for even better results at this year’s tournament, which runs September 24-29.



The CFB Halifax Mariners men’s and women’s soccer teams show off their gold medals following the finals of the CAF Atlantic Region Soccer Championship on August 21.

AVR SUMIN KIM



The Mariners women’s team took a 5-2 victory over the Gagetown Warriors in the championship game.

AVR SUMIN KIM



Sea legs meet yoga mats

The ship’s company of HMCS Robert Hampton Gray and task group partners are seen keeping active while at sea as part of Operation NANOOK-TUUGAA-LIK 2026. Lieutenant (Junior Grade) Sara Rutman of the United States Coast Guard led sailors in a yoga session on the flight deck on August 24.

CPL MITCHELL PAQUETTE