



TRIDENT

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Remembrance Day 2020

Remembrance Day was observed differently this year, with formal public gatherings reduced in size and the focus shifted toward individual acts of remembrance and virtual events. Small contingents of CAF members still attended ceremonies on November 11, 2020 at the Halifax Grand Parade Square, seen here, at the Sailors' Memorial in Point Pleasant Park, and elsewhere. A number of RCN ships also held ceremonies at sea, including HMCS Toronto in European waters and HMCS Summerside in the Caribbean.

MONA GHIZ, MARLANT PA



Group photo of students and staff after completion of the Atlantic de-centralized BMQ course on November 4 in Shearwater.

AVR OLIVIA MAINVILLE, 12 WING IMAGING

New naval recruits graduate from De-Centralized BMQ course

By Ryan Melanson,
Trident Staff

The Royal Canadian Navy's newest crop of sailors have cleared one of the first milestones of their military careers, graduating from the Atlantic de-centralized Basic Military Qualification (BMQ) course during a ceremony at 12 Wing Shearwater on November 4.

"It's a very solid feeling. I feel very proud of my accomplishments today," said S3(R) Judah Charles of Toronto, who'll soon begin training to become a Sonar Operator. His family moved to Canada from Trinidad eight years ago, and he said he's been considering a Canadian Armed Forces career for years. Now 22 years old, the allure of job security and education opportunities, coupled with the chance to serve his country, won him over.

Despite the extra complications of COVID-19 health precautions, experiencing BMQ in the Halifax area, which allowed for ship tours and other Navy-centric activities, added to the excitement, he said.

"I've always wanted to join the Navy and come to the East Coast, so this was perfect for me and I got a real preview of what my future is going to hopefully look like."

A total of 37 recruits graduated from the east coast BMQ, with LCdr Paul Smith, Acting Commandant of Naval Fleet School (Atlantic), awarding each of them their graduation certificates.

"This is a big day for this group. You can still see the smiles through the masks. They've made it through a big step in their training and they're excited about it," LCdr Smith said before addressing the graduates.

This was the first of the new de-centralized BMQs to be completed on the east coast; a similar course was held for naval recruits on the west coast and wrapped up in late October. The initiative began as a response to the COVID-19 pandemic and operational pause that occurred across the CAF beginning in March, with the goal of staying on top of Fleet personnel requirements while also taking some pres-

sure off the CAF's central Leadership and Recruit School in St. Jean-sur-Richelieu, Québec.

LCdr Smith described this initial run as a success, and added his kudos to the many organizations who began working months ago to ensure the course could be held safely while still delivering the full training serial that would normally be offered to BMQ candidates. Support from 12 Wing Shearwater, BAdm, TEME, PSP Halifax and others was key, he said.

Extensive planning was put in place to keep students, instructors and others safe through the 10-week period, limiting potential COVID-19 exposure as much as possible. Recruits and instructors were initially segregated into groups of 10, wore masks, and weren't in contact with anyone outside of their small cohort through the first 14 days. Once cleared medically, the entire group was then able to come together as a larger platoon, though outside contact with the students remained restricted through the entire course in order to maintain a safe and healthy training environment. Contingency plans were also in place in the event of a confirmed COVID-19 infection during a course, but this has yet to occur.

"We'll review everything and look at the details afterward for improvements, but I'm extremely proud of our staff and how they've managed this situation. The cohorting model seemed to work very well for us."

The cohort will now get to take a breath, get reunited with friends and family, and reflect on their accomplishments before continuing on to their trades training. S3(R) Tristan Thiessen said he was looking forward to a good cup of coffee and to share his experience with his family.

"The most important thing I've learned at BMQ is putting aside individualism and working with others as a team. With teamwork, you can accomplish greater tasks that are larger than yourself," he said.

"I feel pride to wear the uniform...knowing that I've gained a large family I belong to and can rely on."



While the course was held in a unique location, recruits were still put through all the physical and mental challenges that are to be expected from a BMQ course.

AVR OLIVIA MAINVILLE, 12 WING IMAGING



Students wore masks and were separated into smaller cohorts early in the course, until quarantine periods could be completed to ensure no risk of COVID-19 transmission.

AVR OLIVIA MAINVILLE, 12 WING IMAGING



LCdr Paul Smith, Acting Commandant of Naval Fleet School (Atlantic) speaks at the Graduation Ceremony, which was held with few people in attendance, but live streamed online for family and friends to tune in.

AVR OLIVIA MAINVILLE, 12 WING IMAGING



Members of Fleet Diving Unit (Atlantic) will be supporting the Christmas Daddies Telethon and giving back to their community during the annual Navy Divers' Run on December 5.

MONA GHIZ, MARLANT PA

FDU(A) gears up for annual run to support Christmas Daddies

By Ryan Melanson,
Trident Staff

Members of Fleet Diving Unit (Atlantic) are getting set to continue a long-running tradition that focuses on fitness, camaraderie, and giving back to the community.

Despite the continuing challenges presented by COVID-19, the annual Navy Divers' Run, in support of the Christmas Daddies Telethon, will still be taking place this holiday season. FDU(A) personnel will be running a total of 50 kilometres on December 5, completing laps around the unit's main building in Shearwater, rather than taking the event out into the community as usual.

"There are a handful of activities we do as a unit that really mean a lot to us, and that we wanted to hold on to this year. This is one of them, so we came up with some responsible ways

to make this event happen," said LCdr Neville Lockyer, FDU(A)'s Commanding Officer.

"We've been working hard to find ways to do our jobs in the face of COVID and accomplish all that we would normally accomplish, while still abiding by all the risk mitigation measures and staying safe. As divers, we have no problem facing a challenge, and this is just another challenge."

With the divers staying close to their home base for the run itself, they also had to think outside of the box in terms of donations, and reaching members of the community to encourage them to contribute to the fundraiser. The unit has established a Go Fund Me page for donations and will be doing the majority of canvassing virtually. Since first getting involved with

the telethon in 1983, the men and women of FDU(A) have brought in more than \$313,000 in donations through the Navy Divers' Run. Previous iterations have taken place through the streets of HRM, from Halifax to Truro, and even across Halifax Harbour as a swimming event.

"We're an extremely busy group of people, but this is one of the ways each year that we can come together, do something good for others, and have some fun and enjoy the camaraderie at the same time," LCdr Lockyer said.

"It's a great event for us. It's a worthy cause, we're helping out families and kids, and it feels good to be involved, so we wanted to make sure we could continue that this year."

Money raised for Christmas Daddies is used to provide toys, gifts, food

and other important items for less fortunate children in our area, with distribution handled by The Salvation Army. According to the organizers, the telethon was able to help 14,000 Maritime children with funds raised from last year's event.

To support Christmas Daddies and the Navy Divers' Run, visit: <https://ca.gofundme.com/f/navy-divers-50K>

The 57th Annual Christmas Daddies Telethon will be broadcast on December 5 from 11 a.m. to 6 p.m. on CTV, with a livestream on the web at: <https://atlantic.ctvnews.ca/>.



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CAF participates in remote Exercise Coalition Virtual Flag

By Lt(N) Peter Bigelow
NTDC(A)

"Working remotely" may be a new and welcome term most of our society is starting to discover but the Canadian Armed Forces (CAF), along with our international allies, have been exercising this capability for years, and it is only getting stronger. This can be found most recently by the execution of Exercise Coalition Virtual Flag (CVF) 21-1. Virtual Flag is an annual United States Air Force (USAF) led exercise that just recently ran for nearly two weeks, from the 27th of October to the 5th of November.

While the exercise was hosted at Kirkland AFB in Albuquerque, New Mexico, 3,740 km away from the entrance of S17, RCN participants didn't have to leave their area code in order to participate because, as the name implies, it was virtual. You can think of it as a massive online video game, but for numerous Allied militaries.

This year's Virtual Flag included a wide range of CAF participants including 14 Wing Greenwood, 12 Wing Shearwater, 8 Wing Trenton and Naval Training Development Center Atlantic (NTDC(A)). Overall, there were more than 450 joint and coalition warfighters involved, as well as numerous surface and subsurface units. All these warfighters were being controlled from 23 different sites spanning three continents. Keep this in mind next time you're impressed by a 12 person Zoom meeting.

There has been an ever-increasing utilization of Synthetic Training (ST) within not just the Royal Canadian Navy (RCN) and the CAF as a whole, but also by our close allies. The purpose of CVF 21-1 and other virtual exercises is to allow units to maintain and refine core warfighting capabilities without being hindered by logistics and engineering issues. Participants can obtain the benefits which have traditionally only been afforded by sending



Members participate in Exercise Coalition Virtual Flag at CFB Halifax on October 23.

MCPL GERALD CORMIER, CAF PHOTO

ships and aircraft to sea for weeks on end, by simply showing up to a building near their home. It now becomes a regular working day and everyone returns for supper with their loved ones every evening.

Another fantastic benefit is that there are fewer moving parts running in the background during Synthetic Training. On a ship or aircraft, the number of things that can go wrong and hinder the objectives of the exercise are endless, and the spectrum of possible complications is as wide as the ocean we virtually occupy. With Synthetic Training, there are issues that can arise, as we experienced, but nothing that the hard working individuals involved in running the Distributed Mission Operation Centre (DMOC) can't quickly rectify.

The value of this exercise is not simply limited to strengthening the Battle Rhythm while sitting in the seat and doing the business. It offers the opportunity to plan a Task Group Exercise with Allied countries that mimics what we would have to do in real life. All the pieces don't just magically come together, sailors and aircrew still have to prepare everything as if it was actually occur-

ring in the Pacific Ocean or whatever theatre we choose. Upon the completion of a ST run, participants conduct a post exercise meeting or "hot wash up" and discuss what transpired, lessons learned and what to expect for the next day's run. This may not seem overly important but teleconference meetings before and afterwards have the added value of strengthening the personal bond between members of different units and nations. The simple act of conversing allows us all to learn from one another, better understand each other and ultimately strengthens the ties between allies.

This is just the start. As technology improves, and the need to strengthen ties with fellow NATO nations and beyond becomes more and more important, Synthetic Training will undoubtedly continue to expand. The ability to hold more comprehensive virtual exercises with even more participants will allow the RCN and the CAF as a whole to effectively and efficiently focus on Shared Training as well as Tactics and Procedures, enabling Canada and our allies to work even better together in pursuit of common objectives.

Recently retired Petty Officer awarded Sacrifice Medal

On November, 2, PO1 (ret'd) Steven Hatton was presented with the Sacrifice Medal by RAdm Brian Santarpia, Commander MARLANT and JTFA. PO1 (ret'd) Hatton deployed on several overseas missions including Op APOLLO, Op DANACA, and Op ATHENA. He recently retired after a 30-year career in the Canadian Armed Forces. The Sacrifice Medal was created to provide a tangible and lasting form of recognition for the sacrifices made by members of the Canadian Armed Forces and those who work with them who have been wounded or killed under honourable circumstances as a direct result of a hostile action or action intended for a hostile force. This honour replaces the Wound Stripe.

MONA GHIZ, MARLANT PA





Remembering the fallen, 75 years later

By Virginia Beaton
Trident Staff

Flight Lieutenant Frank Dotten was just 22 years old when he was killed when his plane crashed during a bombing run over Nuremberg on March 17, 1945.

Seventy-five years later, Ervan Gould, F/Lt Dotten's nephew, received a framed gravestone rubbing from the gravesite of the uncle he never had the chance to meet.

"We made this happen," said Tim Friese, a colleague and friend of Gould. During a presentation held in the gallery of the Halifax Seaport farmers Market on Saturday, November 7, Friese described the events that led up to the presentation.

A history buff who volunteers with the Canadian Naval Memorial Trust and The Memory Project, Friese had researched the location of the grave with help from the Commonwealth War Graves Commission, 576 Squadron of the Royal Air Force, and a business owner who lived near the Durnbach War Cemetery where F/Lt Dotten was buried. The business owner made the gravestone rubbing and mailed it to Friese, who then had it framed for the presentation.

Gould, together with a group of friends from Halifax Port Authority, watched as Friese showed a series of photos and documents depicting F/Lt Dotten's military career.

Among them was a record that indicated all the sorties F/Lt Dotten had flown, a photo of him from November 1944 with his crew from 576 Squadron, and a photo from the visitation book at the cemetery, showing where a local resident had signed the book



for Ervan Gould, in honour of the occasion.

After the event, Gould said he was completely surprised to receive the gravesite rubbing as a memento. When his colleagues and friends had invited him to the presentation, "I didn't know why or what to expect," he stated.

Gould grew up hearing stories about his uncle. F/Lt Dotten was a

native of Hants County, Nova Scotia, joined the RCAF during the war and was flying with 576 Squadron of the Royal Air Force when he was killed. It was a shattering experience for his family, he noted. "My grandfather had joined the Canadian Army during the First World War. He was only 17 but he lied about his age to get in. He never talked about his war experiences."

Nobody in Gould's family was ever

able to visit the cemetery in Germany where F/Lt Dotten was buried, which was a source of sadness, said Gould. "My uncle's name is on the headstone of my grandparent's graves in Selma, in Hants County."

Now that Gould has the framed headstone from his uncle's final resting place, he says, "I will appreciate this for the rest of my life."

Former RCN sailor finds purpose in his artwork

By The Steel Spirit

Ken Muir has always had a love for water. Ken served 14 years in the Royal Canadian Navy. He was predominantly stationed in Halifax and was posted to more than 10 ships during his years there. Three of his favourite ships were *Athabaskan*, *Assiniboine*, and *Halifax*, upon which he was one of the Plank Owners (original crew). Ken was in the Navy from 1983 to 1996. When asked about his time spent in the navy, he admits he had some great times and not so great times, but that he misses it every day.

Ken has enjoyed delving more into painting as the years have passed. He had done artwork in high school, but didn't pick up the paint brush again until age 55. He loves to take photos

of landscapes that inspire him and most of those photos include water. He's not entirely sure how long it takes for him to paint his pieces, as he just entirely enjoys getting lost in the time it takes to create them. "Halifax has always held a strong place in my heart. I feel comfortable and at home there," he says. Instagram@kenny.muir

Artwork submissions by Military & First Responder Services. The Steel Spirit is always looking for new and emerging artists with and without experience, from every background and every age.

For more information or if you would like to be involved, please visit: www.thesteelspirit.ca



Ken Muir

SUBMITTED



Ken Muir's landscape paintings often are inspired by photos he has taken.

SUBMITTED



The Corvette HMCS Shawinigan was sunk in the Cabot Strait in November of 1944.

UNIVERSITY OF CALGARY

Key events of the Battle of the Atlantic: November

By CPO1 (Ret'd) Pat Devenish,
Canadian Naval Memorial Trust

November 6, 1940 - HMCS *Ottawa* in consort with HMS *Harvester* operating off Ireland sink the Italian submarine Faa di Bruno. Initially attacked on the surface by gunfire from both vessels, the submarine dove and over five hours, nine separate attacks utilizing over 80 depth charges were made by *Ottawa* and *Harvester*. Though no evidence confirmed a sinking, both Captains were confident of success and left the area to rejoin in their escort duties. Recent investigations of wartime records confirm the sinking by the Admiralty though the Italian navy still considers the submarine "...lost on an undefined date between 31 October 1940 and 5 January 1941..." This is the first sinking of an enemy submarine by Canadian naval forces.

November 27, 1940 - Not by enemy forces but by Mother Nature's awesome power in the form of a North Atlantic gale is the Canadian mer-

chantman Lisieux lost along with 12 of her 29 crew.

November 25, 1941 - The Canadian collier Proteus with a crew of 58 is lost in the Caribbean Sea for no apparent reason. Postwar record searches in the U-boat archives indicate no submarine in this area in this timeframe. Interestingly, of the four ships of the class; *Proteus*, *Cyclops*, *Nereus* and finally *Jupiter*, *Jupiter* is converted into the very first US aircraft carrier USS Langley. As a footnote, sister ships *Cyclops* and *Nereus* disappeared in the First World War and Second World War respectively, also in a similar area with at least one theory claiming the ships were taken by the Bermuda Triangle.

November 2, 1942 - Laying at anchor off Bell Island, Newfoundland awaiting a convoy, the Canadian merchantman *Rose Castle* is torpedoed and sunk by U-518 early in the morning.

Two torpedoes struck the ore carrier and of a crew of 43, just 15 survive. Just 10 days prior, *Rose Castle* had been the target of another submarine, U-69, but when she fired her last torpedo, it turned out to be a dud and *Castle Rose* survived only to be lost days later.

November 3, 1942 - In the early morning hours, the Canadian merchantman Chr. J. Kampmann in Convoy TAG-18 was struck by two stern fired torpedoes from U-160 and is sunk northwest of Grenada in the southern Caribbean with a loss of 19 of her 27 crew. The eight crew are picked up by the destroyer USS *Lea*.

November 8, 1942 - Five RCN corvettes; HMC Ships *Louisburg*, *Prescott*, *Woodstock*, *Weyburn* and *Lunenburg* along with HMS *Nasturtium* comprise part of the initial support for the landings of Allied troops at Vichy-French held *Algiers*, *Oran* and *Casablanca* commencing Operation TORCH. The

RCN would provide landing craft and more corvettes over the course of the next few days and weeks as convoys sailed from England to supply the new front. It would be the end of March 1943 before the last of 17 Canadian corvettes would leave the Mediterranean for the UK to rejoin EGs within the Mid Ocean Escort Force. So began a bitter six-month campaign which would see the surrender of a quarter million German and Italian troops in Tunisia and eventually the Axis' final defeat in Africa.

November 12, 1942 - Just after midnight and into the 13th, in the icy waters off Massachusetts Bay, the Canadian fishing schooner *Lillian E. Kerr* is stricken and sunk in a collision with *Alcoa Pilot*, a ship in a small convoy that had recently departed Halifax. Just one crew member survived and was picked up by the MV *Cyrus Field* only to later succumb to exposure.



November 3, 1943 - The 12,000 ton US freighter *Volunteer*, loaded with ammunition and magnesium wallows in Bedford Basin inland of Halifax harbour with a rapidly spreading fire aboard. Fear of a repeat explosion of 1917 when 2,000 people are killed heighten the efforts of those involved in extinguishing the fire. Although the fire spreads to a hold containing small arms ammunition, disaster is thwarted by nothing less than sheer bravery and courage on the part of the naval fire party and tug crews. With fires burning and ammunition exploding below decks, *Volunteer* is towed to a point off McNab's Island and deliberately sunk on a sand bar almost 12 hours later averting disaster.

November 15, 1943 - HMC Ships *Huron*, *Iroquois* and *Haida* sail from England escorting convoy JW54A

to Murmansk. Although this trip is uneventful, the next one with convoy JW55B in December is punctuated by several U-boat attacks and highlighted by the sinking of the German heavy cruiser *Scharnhorst* by the Royal Navy. Although not directly involved, the crews of *Iroquois*, *Huron* and *Haida* are witness to one of the great naval battles of the North Atlantic; Battle of Cape North.

November 20, 1943 - While on convoy escort duties northeast of the Azores, the corvettes HMC Ships *Snowberry* and *Calgary* in conjunction with frigate HMS *Nene* sink U-536. Interesting, U-536 was on the return portion of Operation KIEBITZ, an unsuccessful attempt to rescue several U boat commanders from a prison camp near Bowmanville, Ontario at the end of September. They were lucky

to escape a trap set up by the RCN and RCMP at a point on the New Brunswick coast where they were to pick up the escapees. This is one of the few U boat sinkings where there were survivors; 17 from a crew of 55.

November 12, 1944 - Dispatched based on 'Ultra' intelligence, A Force comprising HMCS *Algonquin*, in consort with two RN cruisers; HMS *Kent* and HMS *Bellona* as well as destroyers HM Ships *Myng*, *Verulam* and *Zambesi* sink two German minesweepers; *M-416* and *M-427*, two freighters and 4 submarine chasers after attacking a German convoy off Norway's southwest coast. *Algonquin* herself is credited with three of the sub chasers and one merchant vessel.

November 25, 1944 - HMCS *Shawinigan* initially in company with

USCGC *Sassafras* found herself alone awaiting ferry Burgeo for the crossing from Port aux Basques, NL to Sydney, NS. When Burgeo departed Port aux Basques in the fog in the morning, she failed to make contact with *Shawinigan* and sailed on unescorted arriving safely in Sydney that evening. It was not until Burgeo's master explained to the local RCN detachment his inability to contact *Shawinigan* that a search commences. In the three days following, only flotsam and six bodies were found as HMCS *Shawinigan* was declared lost with all hands (85) in the Cabot Strait.



Preparing for the worst

Members of HMCS Winnipeg participate in damage control scenarios during Exercise KEEN SWORD as part of Operation PROJECTION-NEON in the Asia-Pacific region on November 3.

S1 VALERIE LECLAIR, MARPAC IMAGING

Army cadets accepting new members

By 3036 Royal Canadian Army Cadet Corps

The 3036 Sackville Lions RCME Royal Canadian Army Cadet Corps will be accepting new youth between the ages of 12-18 to join the cadet corps. New cadets are welcome to email us to set up a registration and information phone call: cadets3036@gmail.com. There are no registration fees. For more information, email: cadets3036@gmail.com or go to Facebook.com/cadets3036



Summerside tests new tech

A crewmember aboard HMCS Summerside launches a PUMA, a Maritime Miniature Unmanned Aircraft System (MMUAS) during Operation CARIBBE off the coast of Jamaica on November 6, 2020.

LT SHEILA THAM, PAO



'Til We Meet Again concert

The Stadacona Band of the Royal Canadian Navy performing the pre-recorded 'Til We Meet Again concert at St. Andrew's United Church, Halifax, October 2020. This Remembrance Day concert was streamed via the CFB Halifax Facebook Page on November 11, 2020, and remains available for viewing on demand.

ARIANE GUAY-JADAH, BASE PAO



When disaster was averted aboard the SS Volunteer

By CPO1 (Ret'd) Patrick Devenish,
Canadian Naval Memorial Trust

During the war years, Halifax gained many claims to fame: "Canada's front line city", "...probably the most important port in the world..." and under censor's orders "An east coast Canadian port". These from the likes of British Admirals, to authors and reporters. For the duration of almost six years of war and immediately following, Halifax became a major distribution point for war materials and foodstuffs for the war effort in Europe. Halifax's Bedford Basin was the ideal anchorage for ships awaiting sufficient numbers to form convoys for the arduous Atlantic crossings. The ships, and therefore the city, became a cross section of nationalities and classes of people from around the world. It was said that the most majestic sight was the recurring one of a convoy slipping out of the harbour.

The city of Halifax maintained an elaborate contingency plan in the event of German air attack as well as a web of submarine nets and guard posts at either side of the harbour approaches. Still, ships were mined and torpedoed just off shore and it was not unusual for the booms of depth charges to be heard by all from Halifax's downtown. Fear of a repeat of the 1917 explosion played constantly on the minds of all city residents. More than once, the unthinkable almost became reality. In April of 1942, the steamship Trongate, loaded with explosives, caught fire and had to be sunk by a warship's gunfire in the middle of the harbour. In August 1943, a damaged tanker leaked thousands of gallons of aviation fuel and until it had dispersed days later, the city lived in fear of the potential holocaust.

The worst fear, however, was nearly realized aboard the US freighter SS Volunteer in the early morning hours of November 3, 1943.

The SS Volunteer, displacing 12,000

tons, carried a mixed cargo which included 500 tons of light ammunition, 2,000 drums of magnesium, 1,800 tons of howitzer ammunition and an unknown amount of depth charges and dynamite packed in crates. She arrived with her crew late in the afternoon of November 2, 1943 to await orders to join a convoy. Not entirely uncommon at this time, the senior crew members had 'let their hair down' and engaged in a drunken all night poker binge.

Just after 5:00 a.m., a stoker attempted to raise steam in one of the ship's two boilers. Whether through carelessness, or the victim of unfortunate circumstances, as the stoker turned the fuel on to the igniter on the boiler front, it ignited with such force that a small explosion ensued, rupturing the fuel supply lines and spouting burning fuel into the stokehold. Running screaming from the Engine Room, he raised the alarm and sought assistance. At the same time, the Second Officer reported to the master's cabin. It was at this point that the crew realized they were on their own until assistance from ashore arrived. The vessel's senior members were obviously drunk and incapable of effective action.

Because the port was new to Volunteer's crew, they were unfamiliar with signaling procedures and inadvertently signaled on the incorrect frequency. At the same time, the Second Officer attempted to use a signal lamp aimed at what he thought was Turtle Head but was in fact a deserted warehouse. Much time passed before the Second Officer recognized their error and directed the radio operator to the proper frequency but operators on shore found the message so garbled that it took another 20 minutes to decipher it.

It was now 6:50 a.m. The fire had spread to No. 3 hold, which contained light ammunition. Volunteer's crew, aware that their senior officers were incapacitated, took to lifeboats and began abandoning ship. Unbeknownst to the crew, their SOS had indeed gotten through, and Turtle Head immediately dispatched an armed launch to investigate the problem.

Now two hours after the fire had started, the report was made to the Dockyard Commander; Cdr Owen Conner Struan Robertson, by the Duty Port Defence Officer: "Volunteer is on fire in Bedford Basin, sir. She's carrying enough ammunition to sink the city". While Robertson gathered his handful of men on his launch, he was informed that the city fire marshal had been warned and the fireboat Rouille had arrived on the scene pumping foamite into the stokehold.

It was as the 36-year-old Commander sped in his launch toward the elderly freighter hanging under a shadow of smoke that he realized he and his handful of men would have to prevent an explosion which threatened to blow much of Halifax off the map of Nova Scotia.

With three boats on the scene; the Rouille, the Navy tug James Battle with William Cody of the National Harbour Board's fire department aboard, and Cdr Robertson's launch, Cdr Robertson along with Cody, made his way to the master's cabin to get an initial report. Recalled Cdr Robertson: "Bottles, some empty, some half-filled, were everywhere. Poker chips were scattered about the deck and the Master, Chief Officer and Chief Engineer were pretty drunk." Technically, Cdr Robertson had no authority on board, but he also realized that quick effective action must be taken and without

the consent of the vessel's master he ventured to the upper decks he wondered what he and his crew could do on their own.

Except for two of the crew, the ship had been abandoned and all lifeboats were gone. Although foamite had been connected and was pouring into Volunteer's Engine Room, no one had ventured below to see what effect, if any, it was having on the fire. Robertson himself was forced to don an oxygen mask and asbestos hood and through smoke and steam, climb down into the stokehold. At least, he determined the fire was out in the Engine Room but judging by the extreme heat permeating from the after bulkhead, it was likely that a serious fire was raging in No. 3 hold and with the intensity of the heat, the fire in the Engine Room could reflash at any moment.

Knowing that freighters never sailed without a manifest, Cdr Robertson then dared to return to the master's cabin to seek the ship's stowage plan. The Master, however stated that none of his men were aboard during loading and he wasn't cooperative in allowing this 'foreigner' free access, prompting Cdr Robertson's response: "I'm going to search your cabins until I find it. My men are armed. If you try to interfere, they will shoot." As if on cue, a series of explosions rocked the ship. The fire had now reached No. 3 hold and several cases of the light ammunition had gone off. It was as he searched the Chief Officer's cabin finding the cargo sheet that Cdr Robertson's worst fears became reality. In the 'tween decks of No. 3 hold were drums of highly combustible magnesium, crates of ammunition, and bales of tobacco. The deck led forward down either

(Continued on Page 9)



side of the Engine Room to No. 2 hold, where the bulk of the magnesium and light ammunition was stored above with the heavy howitzer ammunition below.

Meanwhile, on deck, Cody had convinced the three senior officers to leave the masters cabin in the hope that the brisk morning air would help sober them up. When Cdr Robertson arrived, he told the group that their only hope was to flood No. 3 hold, stopping the first link in the potentially catastrophic chain reaction. Volunteer's Master, however, had other ideas. More time was lost as it became necessary to have Naval Control send out the US Naval Liaison Officer to wrestle control of the ship.

As Cdr Robertson and Cody directed their crews to set up more firefighting hoses and flooding hoses, all sense of reality on the part of Volunteer's Master vanished as the trio went down to the ship's saloon for a conference and another drink. It was shortly after this that the Master and Chief Engineer stated they were going to inspect the Engine Room. Cdr Robertson, knowing the intensity of the heat from his own trip down, had two of his men guard the hatch with orders to use whatever force they deemed necessary to prevent anyone from entering. A confrontation was avoided with the timely arrival of LCdr Stanley, USN,

who, after receiving a quick brief from Robertson, approached Volunteer's Master. Reciting US Navy regulations that stripped an incapable captain of authority, LCdr Stanley took command of Volunteer and turned control of all firefighting operations over to Robertson.

During the exchange on decks, several muted booms signaled that the fire had now spread to No. 2 hold and the ship was ablaze the entire length of the midships superstructure below the main deck. In order to vent pockets of trapped fumes, side hatches for No. 3 hold were opened, causing exploding ammunition to pose another hazard to those on deck. It was at this point that Cdr Robertson realized that the only hope of averting disaster was to take Volunteer under tow and scuttle her in a dip in the seabed off Meagher's Beach. The trick was to accomplish this before the munitions on board sent them and half the city to oblivion.

While some members of Cdr Robertson's crew began stacking bales of tobacco around the magnesium drums to prevent them from being punctured by whizzing .303 ammunition, others began cutting holes in the deck above No. 3 hold to allow intentional explosions to relieve the buildup of explosive vapours. Using a borrowed rifle, Cdr Robertson began firing into the magnesium drums through the tobac-

co bales. Eventually, something gave and an earth shattering explosion sent everyone reeling. Although the immediate danger in No. 3 hold was lessened, heat and explosive vapours still threatened to set off No. 2 hold. Topside, the crew of Rouille, unaware of the reason for the explosion and therefore fearing Volunteer was about to blow, cast off their tow lines and headed for shore. Until Cdr Robertson was able to regain control, the burning freighter wallowed lazily in the approaches from Bedford Basin to the Narrows. Under tow again by Rouille and two tugs, Robertson determined it prudent that he investigate the situation in No.2 hold prior to transiting the ship through Halifax harbour. Surprisingly, he found that although there was thick smoke, the heat was not overly intense and there was no evidence of cordite fumes. Spirits were raised as Volunteer made her way slowly through the harbour while Cdr Robertson and his men kept the fires on board in check.

Just before 4:00 p.m., now over eight hours since the fire began, Volunteer was nudged into position off Maughers Beach on the south point of McNab's Island. As Cdr Robertson sent his men down to open the sea cocks, Volunteer began to settle and shortly after 4:00pm, she beached on the bottom. Cdr Robertson and his men had ac-

complished what they had come to do and were taken off in a launch which brought Harbour Department personnel on board to look after any further emergencies.

Just as well, LCdr Stanley, USN, stayed on Volunteer. Roughly one hour after his ship had been beached, Volunteer's Master again came on deck shouting commands. This time he demanded that Volunteer be beached so that the holds might flood and quench the fires!

Although introduced in April 1941 to prevent such incidents, Order in Council PC 2385, The Merchant Seaman Order, still greatly restricted the powers of Canadian representatives in regards to the removal of foreign personnel from their own vessels. Unless there was an immediate life threatening situation, authorities had their hands tied. Eventually, Volunteer's crew were sent home and the ship salvaged and returned to its owners. The rest of the story is shrouded in obscurity. What, if any, action was taken by US authorities, is unknown. What became of the three officers is unknown. What is known is that a hastily planned evolution coordinated by a small number of individuals who displayed nothing shy of sheer bravery and courage prevented an incident which would have dwarfed the 1917 explosion of the Mont Blanc.



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A spooky good time

On October 30, CFB Halifax hosted a special Halloween-themed Dress with a Difference. Here are a few photos from Base Administration's Halloween Costume Contest, which featured mimes, superheroes, goddesses, anthropomorphic bananas, and other fun, frightening characters.

ARIANE GUAY-JADAH, BASE PAO

Creating a healthy workplace

October 30 marked the end of Canada's Healthy Workplace Month. Cultivating a thriving, healthy work environment is



of utmost importance in 2020, especially with the many diverse stressors related to the COVID-19 pandemic. For the CFB Halifax Base Commander, Capt(N) Sean Williams, fostering a healthy workforce is a top priority: he says he's committed to creating opportunities and eliminating barriers to a healthy, safe and sustainable workplace. He looks forward to consulting with you – our Defence community – to know more about your unique experiences in order to identify ways of bettering existing healthy workplace practices. For Capt(N) Williams, a key step towards physical fitness and mental well-being is year-round cycling, which he's been practicing throughout his career in the CAF and has kept up now that he's living in Halifax. You may see him biking in and around the Stadacona Base – rain, snow or shine!

ARIANE GUAY-JADAH, BASE PAO

Chicken corn chowder

By Ed Keating
Cook, Juno Catering

Here is an easy recipe to keep you warm this winter.

INGREDIENTS:

| | |
|-------------------------------------|----------------------|
| 1lb diced cooked chicken | 2 Tbsp butter |
| 1 10 oz can of corn, or frozen corn | 2 Tbsp flour |
| 1 10 oz can creamed corn | 2 cups chicken stock |
| 2 peeled and diced potatoes | 1 cup milk or cream |
| 1 small diced onion | 1 tsp dried basil |
| 4 strips chopped bacon | Salt and pepper |
| 2 stalks diced celery | |

DIRECTIONS:

In a large pot over medium heat, saute bacon for 3-5 minutes. Add butter, celery, onions and potatoes and cook till tender. Add flour and stir for 2-3 minutes, then slowly add in chicken stock, constantly stirring to remove any lumps. Add chicken, corn, creamed corn and milk/cream. Reduce heat to low and cook for 15-20 minutes. Season with basil, salt, and pepper to taste.

Addictions Awareness Week 2020

By Madison Walsh, MPH, P.Dt.,
PSP Halifax Health Promotion Specialist

National Addictions Awareness Week (NAAW) provides an opportunity for Canadians to learn more about addiction prevention, talk about treatment and recovery, and highlight solutions to help address the harms of substance abuse.

This year, NAAW is from November 22 to 28. The theme is Change Begins with Me, putting the focus on the efforts and actions of individuals – that means you! It is important for each and every individual to play their part in reducing the stigma surrounding substance abuse, and creating a supportive environment.

significantly impacting their well-being and ability to focus on recovery.

- Can lead to a cycle of behaviours and attitudes that isolate and marginalize people who use substances.
- Stigma discourages people from seeking help, affects the quality of and access to healthcare services, and affects treatment accessibility.

What can you do to help?

- Change your language. Remember that substance use is a medical condition, and should be treated as such. Shift your language to more accurately reflect the nature of the health condition, using words that respect the dignity of people who use substances.
- Stop using stigmatizing slang, such as “addict”, “druggie”, “clean/dirty”, etc.
- When promoting your activities related to NAAW on social media, use the hashtags #ChangeBeginsWithMe, #StigmaEndsWithMe, and #NAAW to create more engagement and encourage your friends to participate.

Visit <https://www.ccsa.ca/national-addictions-awareness-week> for more information.

What is stigma?

- Stigma is any attitude, belief, or behaviour that discriminates against people.
- Often emerges as derogatory language that shames and belittles people.
- Common examples include equating a person's identity with substance abuse, belittling a person's value based on their use of substances, and dehumanizing a person through labels.

What are the effects of stigma?

- Studies have shown that drug and alcohol abuse disorders are among the most stigmatized conditions.
- Stigma has devastating effects on individuals with substance abuse disorders,



SPORTS & FITNESS



Former sailor has Invictus hopes after Soldier On event

By Ryan Melanson,
Trident Staff

LS (Ret'd) Danielle Lidstone was released from the CAF four years ago due to complications from a herniated disc in her back, and since that time, there's been something missing in her life.

She joined the Navy in 1999 and planned for a 30 year career, only to have those plans cut short a little more than halfway through.

"It can be very difficult after we release, especially for people who have a significant amount of time in the military and who have devoted their life to it," she said.

"I had a real sense of loss. There was kind of a grieving period for my Forces career."

One thing that helps, she added, is reconnecting with other veterans and people who have had similar experiences, which is why attending a recent Soldier On archery event held in Hants County was such a positive and healing experience. The small group was introduced to competitive archery, a low impact sport that's easy on certain injuries, and enjoyed a day of socially distanced activities and getting to know each other.

"It's not just the job aspect when you release, you lose the camaraderie, all your friends in the military, and you lose that feeling of being part of something bigger than yourself," she said.

"Just being down there last weekend with other members – we all have injuries, we have mental health issues, we can talk and laugh about it, and some of that feeling starts to come back."

The archery day was hosted by Sgt(Ret'd) Steve Murgatroyd, a former Invictus Games athlete who is now the Archery Coach for Canada's Invictus Games team. He lost his leg in a motorcycle accident in 2015, and said Soldier On and Invictus have provided him with great opportunities to bounce back from his injury in an exciting way while staying connected to the military community.

"I believe in paying it forward, so it's my pleasure to connect with other members, introduce them to a sport and welcome them to the Soldier On family," he said.

Eileen Du Plooy, Soldier On's Regional Coordinator for Nova Scotia and Newfoundland, said the organization is working to build its presence in the Maritimes, hopefully leading to more of these types of events in the future.

"This was an amazing opportunity to get some of our members out to reconnect with peers and to enjoy a new skill set," she said.

For LS(Ret'd) Lidstone, the experience left her feeling reinvigorated and reconnected with likeminded people. Working with Sgt(Ret'd) Murgatroyd also reintroduced her to the possibility of becoming an Invictus athlete her-



LS(Ret'd) Danielle Lidstone participates in the Soldier On archery event hosted by Sgt(Ret'd) Steve Murgatroyd on October 10.

SUBMITTED



The full group who attended the Soldier On event in Hants County.

SUBMITTED

self, and she now has plans to continue training in archery and work towards that goal, despite a fourth spinal surgery scheduled in the near future.

"I'm a very competitive person, so getting back to that is an exciting notion," she said, adding that she compet-

ed both nationally and internationally in taekwondo during her CAF career.

"I don't call anything my end goal, because there's always more to be done, but Invictus is definitely the path that I'm heading toward right now."



By CFB Halifax Public Affairs

Physical fitness is an essential component of operational readiness for our Canadian Armed Forces members, and contributes to the overall health and well-being of our entire Defence community, military and civilian members alike.

The global public health challenges of 2020 have impacted how we are able to deliver health and physical fitness programming to our local Defence community at CFB Halifax. Despite these challenges, the incredible team at PSP Halifax has been working hard to ensure that our members maintain access to quality health and physical fitness programming, whether working from home or in the physical workplace. Please read on for a list of current physical fitness programs and services on Base; new in-person and online classes; and an upcoming project that will bring additional physical fitness services to our Stadacona property.

COVID-19 PUBLIC HEALTH MEASURES

You'll notice various public health measures in place when you enter any of our Base fitness facilities. From directional floor labels to hand sanitizing stations, PSP Halifax and other units responsible for mini-gyms have taken precautions to ensure all members remain safe. Many facilities are operating at reduced capacity to ensure physical distancing can be maintained, and access to these spaces is limited to Defence Team personnel only. We thank you for your continued adherence to all public health measures when accessing facilities on Base.

FITNESS, SPORTS AND RECREATION CENTRE HOURS OF OPERATION - FLEET (HMC DOCK-YARD) GYM - BUILDING D216

The Fleet gym is currently open to CAF members and DND civilian/NPF employees weekdays from

6am - 6:30pm and closed on weekends. Member capacity within each designated fitness area/room is based on physical distancing measurements, allowing six feet in any given direction per person. Shower facilities are

open, and members are responsible for cleaning the showers after use. Access to the Fleet gym is by appointment only (online booking). Click here for online booking instructions. Any units interested in booking Unit PT or the gym floor can contact Fitness Coordinator Briana Plante at Briana.Plante@forces.gc.ca or 902-427-6335.

Please note: Valid CAF/DND identification is required for Dockyard access. Due to security restrictions, retired Defence Team personnel, members of the public and non-CAF/DND family members are not permitted entry onto Dockyard property. Please call 902-427-3524 for more information.

SHEARWATER GYM - BUILDING SH57

The Shearwater gym is currently open to CAF members and DND civilian/NPF employees weekdays from 6am - 7pm and, effective October 31, Saturdays from 9am - 1pm. This facility remains closed on Sundays. Shower facilities are open, and members are responsible for cleaning the showers after use. Access to the Shearwater gym is by appointment only (online booking). Click here for online booking instructions. Retired Defence Team personnel, members of the public and military families are not permitted access to the Shearwater gym at this time due to COVID-19 restrictions. Please call 902-720-1071 for more information.

REMINDER: FREE GYM MEMBERSHIPS FOR DND CIVILIAN AND NPF EMPLOYEES

DND civilian and NPF employees are no longer required to purchase a paid membership in order to use the Fleet and Shearwater gym facilities. Pre-booking online and the presentation of valid DND identification is all that is needed to access these facilities.

NEW INDOOR FITNESS CLASSES

Beginning November 2, CAF Members and DND civilians can register online for the following fitness classes on BookKing.

Fleet Gym Floor (Building D216)

- Mondays, 12:15pm to 1:00 pm – Tactical Athlete
- Wednesdays, 12:15pm to 1:00 pm – Tactical Athlete
- Fridays, 12:15pm to 1:00 pm – Spin

Stadacona Chapel (Building S7)

- Tuesdays, 12:15pm to 1:00 pm – Yoga/Range of Motion
- Thursdays, 12:15pm to 1:00 pm – Yoga/Range of Motion

VIRTUAL FITNESS CLASSES

Pre-recorded workouts and workshops can be found on the CF Morale and Welfare Services YouTube channel. These virtual classes feature PSP instructors from Bases and Wings across the country. You can also find a more localized series of PSP Halifax instructor-led workouts through this [YouTube playlist](#). If CAF members sustain an injury during these videos, please remember to fill out a CF98.

Disclaimer: Participants who are not CAF members recognize and acknowledge that their age, health status and physical fitness level are unknown, and it is entirely up to each individual to assess their ability to participate in these virtual classes. All participants who are not CAF members are invited to consult the 'Get Active Questionnaire' of the Canadian Society of Exercise Physiology and its Reference Document. If you experience any pain or difficulty during the exercises presented in PSP's virtual classes, it is recommended that you stop and consult a healthcare provider.

EXISTING 'MINI-GYMS' HOTEL-STYLE GYM FACILITIES AT JUNO TOWER AND TRIBUTE TOWER

Hotel-style gym facilities exist at Juno Tower and Tribute Tower, accessible 24/7 to residents of both accommodation towers as well as their guests. To gain access, please visit the front desk at each location where you'll be provided a key. Due to current public health restrictions, Juno Tower's facility has a capacity of three members, with Tribute Tower's facility able to accommodate two members at a time. While custodial staff do clean these facilities, members

are also reminded to clean the equipment after use. These facilities are not supported by PSP Halifax.

UNIT MINI-GYMS

Over 10 units within CFB Halifax currently house their own unit mini-gyms. We encourage these units to continue making use of these facilities for their health and physical fitness needs. These mini-gyms are the responsibility of the individual units and are not supported by PSP Halifax.

FORCE TESTING

Force testing is now open to all CAF members. Contact your Unit FORCE Coordinator to book a test. If you do not know your Unit FORCE Coordinator, please contact Briana Plante, CFB Halifax Fitness Coordinator at Briana.Plante@forces.gc.ca / 902-427-6335 (CFB Halifax inquiries) or Mary.Thompson@forces.gc.ca (Shearwater inquiries until December 6). After December 6, please contact Ashley.Stewart2@forces.gc.ca for Shearwater FORCE testing inquiries.

RECONDITIONING PROGRAM

The Reconditioning Program continues to operate at Stadacona, located in building S24A (the CANEX/Tim Hortons/SISIP building). A maximum of two clients are permitted in the facility at any given time in accordance with public health measures.

MORE EXISTING FITNESS FACILITIES AND RECREATION AREAS AT YOUR (SANITIZED) FINGERTIPS

CFB Halifax is home to a variety of fitness and sport facilities and outdoor recreation areas that can be enjoyed by our local Defence community. Usage of all indoor and outdoor recreation facilities is based on availability and the status of provincial/federal public health restrictions/guidelines. For the health and safety of our members and neighboring communities, members of the public and military family members are currently not permitted access to most of these facilities.

(Continued on Page 13)



| Indoor Fitness and Sport Facilities | Available to: |
|---|--|
| Fleet (Dockyard) gym <i>902-427-3524</i> | Serving CAF members and DND civilian/NPF employees |
| Shearwater gym and pool <i>902-720-1071</i> | Serving CAF members and DND civilian/NPF employees |
| Shearwater arena <i>902-720-1078</i> | Serving CAF members and DND civilian/NPF employees |
| CFB Halifax Curling Club <i>902-455-1444</i> | Serving CAF members and DND civilian/NPF employees |
| Halifax Forum Arena <i>Isaac Habib, Fleet Sports Coordinator 902-427-1469</i> | 6.5 hours of ice time available to CAF members each week. |
| Cole Harbour Place squash courts <i>Isaac Habib, Fleet Sports Coordinator 902-427-1469</i> | Free access for CAF squash team members with presentation of valid CAF identification. One court at a time available for a maximum of 3 players. Call Isaac Habib, Fleet Sports Coordinator, for more information. |
| Centennial Pool 1970 Gottingen Street | The Centennial Pool remains closed at this time, however the Shearwater pool is open for lane swims. Click here for hours of operation. Serving CAF members and DND civilian/NPF employees permitted access to lane swims. Online booking is required. |

| Outdoor Fitness and Sport Facilities | Available to: |
|--|--|
| Ball fields (Shearwater and Windsor Park) <i>Craig Hayden, Facility Coordinator 902-720-2160</i> | Serving CAF members and DND civilian/NPF employees |
| Porteous Field and running track (Stadacona) <i>Craig Hayden, Facility Coordinator 902-720-2160</i> | Serving CAF members and DND civilian/NPF employees |
| Hartlen Point Golf Course (Eastern Passage) <i>902-465-4653</i> | Serving CAF members and DND civilian/NPF employees |

UPCOMING PROJECT: TEMPORARY FITNESS FACILITY AT STADACONA

When the decision was made to close the Stadacona Fitness, Sports and Recreation Centre (STADPLEX) in 2018, a comprehensive Real Proper-

ty Operations (RPOS(H)) infrastructure plan was developed to address the short, medium and long-term fitness needs of our Base population.

We are currently entering the design phase for a temporary, winter-

ized fitness facility, to be constructed in the same location as the now demolished STADPLEX gym. Modelled after a similar facility at CFB Borden, this 1250 square metre space will be heated and air-conditioned, and will include an open gymnasi-

um area for basketball, volleyball, badminton and ball hockey; an area for cardio machines and weights; locker rooms with showers and washrooms; a reception office with DWAN workstations for fitness and sports instructors; and a storage room for equipment. Considerably more compact than the original STADPLEX gym, this temporary facility will have a maximum capacity of approximately 134 members; this capacity will be reduced as required if physical distancing measures are still in effect upon final construction. The facility design is scheduled for completion by May 2021, with the construction timeline to be confirmed. The structure will remain in place until a permanent replacement facility is approved, funded and constructed.

FEEDBACK

We continue listening to the feedback, concerns and recommendations raised by our Defence community and will remain committed to pursuing creative solutions that maximize your ability to access health and physical fitness programming on Base, especially given the ongoing challenges of operating in a pandemic environment. If you would like to provide feedback on the current health and physical fitness services offered at CFB Halifax, please contact Jason Price, Shearwater Fitness, Sports and Recreation Manager at 902-720-1069 or Ashley Stewart, Acting Fleet Fitness, Sports and Recreation Manager at 902-427-3525.



The temporary winterized fitness facility will be modelled after a similar facility at CFB Borden.

SUBMITTED



Le point sur les services de conditionnement physique de la BFC Halifax

16 novembre 2020

Par CFB Halifax Public Affairs

La condition physique est un élément essentiel de la préparation opérationnelle des membres des Forces armées canadiennes. Elle contribue également à la santé et au bien-être général de toute la communauté de la Défense, tant des militaires que des employés civils.

Les défis de santé publique de 2020 dans le monde ont influencé la manière dont nous pouvons offrir des programmes de santé et de conditionnement physique à notre communauté locale de la Défense à la BFC Halifax. Malgré ces défis, notre incroyable équipe des PSP de Halifax a mis tout en œuvre pour veiller à ce que nos membres aient toujours accès à des programmes de santé et de conditionnement physique de qualité, qu'ils travaillent à domicile ou sur leur lieu de travail habituel. Poursuivez votre lecture pour découvrir les programmes et les services de conditionnement physique actuellement offerts sur la base, les nouveaux cours en personne et en ligne offerts ainsi qu'un projet à venir qui permettra d'offrir d'autres services de conditionnement physique à notre propriété de Stadacona.

MESURES DE SANTÉ PUBLIQUE LIÉES À LA COVID-19

À votre entrée dans l'une ou l'autre des installations de conditionnement physique de notre base, vous remarquerez immédiatement toutes les mesures de santé publique qui ont été mises en place. Depuis les étiquettes directionnelles apposées au sol jusqu'aux postes de désinfection des mains, l'équipe des PSP de Halifax et les autres unités responsables des mini-gymnases ont pris des précautions pour protéger la santé de tous les usagers. De nombreuses installations fonctionnent à capacité réduite afin de maintenir la distanciation physique requise, et l'accès est limité au personnel de l'équipe de la Défense. Nous vous remercions de toujours respecter toutes les mesures de santé publique lorsque vous utilisez les installations de la base.

HEURES D'OUVERTURE DU CENTRE DE CONDITIONNE-

MENT PHYSIQUE, DE SPORTS ET DE LOISIRS - GYMNASSE DE LA FLOTTE (ARSENAL CSM) — BÂTIMENT D216

Le gymnase de la Flotte est ouvert actuellement pour les membres des FAC ainsi que les employés civils et les membres du personnel des FNP du MDN tous les jours de la semaine, de 6 h à 18 h 30, et fermé le week-end. La capacité d'accueil dans chaque aire ou salle d'entraînement désignée est fixée selon les mesures de distanciation physique afin de maintenir une distance de deux mètres entre chaque personne dans toutes les directions. Les douches sont ouvertes, et les usagers sont responsables du nettoyage après utilisation. L'accès au gymnase de la Flotte se fait uniquement par rendez-vous (réservation en ligne). Cliquez ici pour voir les instructions de réservation en ligne. Toute unité qui souhaite réserver une salle d'entraînement physique ou le gymnase pour l'unité peut communiquer avec Briana Plante, coordinatrice du conditionnement physique, par courriel à Briana.Plante@forces.gc.ca ou par téléphone au 902-427-6335.

Remarque : une pièce d'identité valide des FAC ou du MDN sera exigée pour accéder à l'arsenal. En raison des restrictions de sécurité, les membres retraités de l'Équipe de la Défense, les membres du public et les membres de la famille qui ne font pas partie des FAC ou du MDN ne sont pas autorisés à entrer sur la propriété de l'arsenal. Pour plus d'information, veuillez téléphoner au 902-427-3524.

GYMNASSE DE SHEARWATER — BÂTIMENT SH57

Le gymnase de Shearwater est ouvert actuellement pour les membres des FAC ainsi que pour les employés civils et les membres du personnel des FNP du MDN tous les jours de la semaine, de 6 h à 19 h, et, à compter du 31 octobre, les samedis de 9 h à 13 h. Le gymnase demeure fermé le dimanche. Les douches sont ouvertes, et les usagers sont responsables du nettoyage après utilisation. L'accès au gymnase de Shearwater se fait uniquement par rendez-vous (réservation en ligne). Cliquez ici pour les instructions de

réservation en ligne. Les membres retraités de l'Équipe de la Défense, les membres du public et les membres des familles de militaires ne sont pas autorisés à entrer dans le gymnase de Shearwater pour le moment en raison des restrictions liées à la COVID-19. Pour plus d'information, veuillez téléphoner au 902-720-1071.

RAPPEL : ADHÉSION GRATUITE AU CENTRE DE CONDITIONNEMENT PHYSIQUE POUR LES EMPLOYÉS CIVILS ET LES MEMBRES DU PERSONNEL DES FNP DU MDN

Les employés civils et les membres du personnel des FNP du MDN ne sont plus tenus d'acheter un laissez-passer pour utiliser les installations des gymnases de la Flotte et de Shearwater. Pour avoir accès aux installations, il suffit de réserver en ligne et de présenter une pièce d'identité du MDN valide.

NOUVEAUTÉ! COURS DE CONDITIONNEMENT PHYSIQUE EN SALLE

Depuis le 2 novembre, les membres des FAC et les employés civils du MDN peuvent s'inscrire en ligne aux cours de conditionnement physique suivants, à l'aide de BookKing.

Plancher du gymnase de la Flotte (Bâtiment D216)

- Lundi, de 12 h 15 à 13 h — Entraînement tactique pour athlètes
- Mercredi, de 12 h 15 à 13 h — Entraînement tactique pour athlètes
- Vendredi, de 12 h 15 à 13 h — Cardiovélo

Chapelle de Stadacona (Bâtiment S7)

- Mardi, de 12 h 15 à 13 h — Yoga/exercice d'amplitude de mouvement
- Jeudi, de 12 h 15 à 13 h — Yoga/exercice d'amplitude de mouvement

COURS DE CONDITIONNEMENT PHYSIQUE VIRTUELS

On trouve des séances et des ateliers d'entraînement préenregistrés

sur la chaîne YouTube des Services de bien-être et moral des FC. Ces cours virtuels sont présentés par des instructeurs des PSP des bases et escadres de partout au pays. Vous pouvez également trouver une série d'exercices plus ciblés dirigés par les instructeurs des PSP de Halifax à cette [liste de diffusion YouTube](#). Si des membres des FAC subissent une blessure en suivant ces cours virtuels, ils doivent remplir un formulaire CF98.

Avertissement : Les participants qui ne sont pas membres des FAC reconnaissent que l'instructeur ne connaît ni leur âge, ni leur état de santé, ni leur niveau de forme physique et qu'il appartient donc à chacun d'évaluer sa capacité à participer à ces cours virtuels. Tous les participants qui ne sont pas membres des FAC sont invités à consulter le Questionnaire Menez une vie plus active de la Société canadienne de physiologie de l'exercice et son document de référence. Si vous ressentez une douleur ou une difficulté quelconque pendant les exercices exécutés dans le cadre des cours virtuels des PSP, on vous recommande d'arrêter et de consulter un fournisseur de soins de santé.

« MINI-GYMNASSES » EXISTANTS INSTALLATIONS DE GYMNASSE DE STYLE HÔTELIER À LA TOUR JUNO ET À LA TOUR TRIBUTE

La tour Juno et la tour Tribute abritent des installations de gymnase de style hôtelier qui sont accessibles 24 heures sur 24, 7 jours sur 7 aux résidents des deux tours d'hébergement ainsi qu'à leurs invités. Pour y accéder, veuillez vous présenter à la réception de chaque établissement, où une clé vous sera remise. En raison des restrictions actuelles en matière de santé publique, les installations de la tour Juno peuvent accueillir trois personnes à la fois, tandis que celles de la tour Tribute peuvent accueillir deux usagers à la fois. Le personnel d'entretien nettoie ces installations, mais on rappelle aux usagers de nettoyer l'équipement après utilisation. Ces installations ne relèvent pas des PSP de Halifax.



| Installations intérieures de conditionnement physique et de sports | Autorisation d'accès : |
|--|--|
| Gymnase de la Flotte (arsenal) 902-427-3524 | Membres actifs des FAC et employés civils et membres du personnel des FNP du MDN |
| Gymnase et piscine de Shearwater 902-720-1071 | Membres actifs des FAC et employés civils et membres du personnel des FNP du MDN |
| Aréna de Shearwater 902-720-1078 | Membres actifs des FAC et employés civils et membres du personnel des FNP du MDN |
| Club de curling de la BFC Halifax 902-455-1444 | Membres actifs des FAC et employés civils et membres du personnel des FNP du MDN |
| Halifax Forum Arena Isaac Habib, Fleet Sports Coordinator 902-427-1469 | 6,5 heures de temps de glace disponibles chaque semaine pour les membres des FAC |
| Terrains de squash de Cole Harbour Place Isaac Habib, Fleet Sports Coordinator 902-427-1469 | Accès gratuit pour les membres de l'équipe de squash des FAC sur présentation d'une pièce d'identité des FAC valide. *Un terrain à la fois disponible pour un maximum de 3 joueurs. Appelez Isaac Habib, coordonnateur des sports de la Flotte, pour en savoir davantage. |
| Piscine Centennial 1970 Gottingen Street | La piscine Centennial demeure fermée pour le moment, mais la piscine de Shearwater est ouverte pour la nage en couloir. Cliquez ici pour connaître les heures d'ouverture. Les membres actifs des FAC et les employés civils et les membres du personnel des FNP du MDN ont accès à la piscine pour la nage en couloir. Il faut réserver en ligne. |

| Aires de loisirs extérieures du MDN | Autorisation d'accès : |
|--|--|
| Terrains de balle (Shearwater et Parc Windsor) Craig Hayden, Facility coordonnateur des installations 902-720-2160 | Membres actifs des FAC et employés civils et membres du personnel des FNP du MDN |
| Terrain Porteous et piste d'athlétisme (Stadacona) Craig Hayden, coordonnateur des installations 902-720-2160 | Membres actifs des FAC et employés civils et membres du personnel des FNP du MDN |
| Club de golf de Hartlen Point (Eastern Passage) 902-465-4653 | Membres actifs des FAC et employés civils et membres du personnel des FNP du MDN |

MINI-GYMNASES DES UNITÉS

Plus de 10 unités de la BFC Halifax sont actuellement dotées de leur propre mini-gymnase. Nous encourageons ces unités à continuer d'utiliser ces installations pour répondre à leurs besoins en matière de santé et de conditionnement physique. Ces mini-gymnases relèvent de la responsabilité de chacune des unités et non des PSP de Halifax.

ÉVALUATIONS FORCE

Tous les membres des FAC peuvent désormais passer le test FORCE. Veuillez communiquer avec le coordonnateur FORCE de votre unité pour prendre rendez-vous pour votre évaluation FORCE. Si vous ne connaissez pas votre coordonnateur FORCE, veuillez communiquer avec Briana Plante, coordonnatrice du conditionnement physique de la BFC Halifax, par courriel à Briana.Plante@forces.gc.ca ou par téléphone au 902-427-6335 (demandes de renseignements pour la BFC Halifax), ou avec Mary Thompson, à Mary.Thompson@forces.gc.ca (demandes de renseignements pour Shearwater jusqu'au 6 décembre). À compter du 7 décembre, nous vous prions de communiquer avec Ashley Stewart à Ashley.Stewart2@forces.gc.ca pour toutes questions concernant le test FORCE à Shearwater.

PROGRAMME DE RECONDITIONNEMENT

Le Programme de reconditionnement est toujours offert à Stadacona, au bâtiment S24A (édifice de CANEX, du Tim Horton's et du Régime d'assurance-revenu militaire). Seulement deux clients à la fois sont autorisés dans l'établissement en tout temps, conformément aux mesures de santé publique.

D'AUTRES INSTALLATIONS DE CONDITIONNEMENT PHYSIQUE ET DE LOISIRS À PORTÉE DE MAIN (ASEPTISÉE) CFB Halifax is La BFC Halifax abrite une variété d'installations de conditionnement physique et de sport ainsi que des aires de loisirs de plein air destinées à la communauté locale de la Défense. L'utilisation des installations récréatives intérieures et extérieures dépend de la disponibilité et de la situation en ce qui concerne les restrictions et directives fédérales et provinciales en matière de santé publique. Pour protéger la santé et assurer la sécurité de nos militaires et employés civils ainsi que des résidents des collectivités avoisinantes, l'accès à la plupart des installations est pour le moment interdit aux membres du public et aux membres des familles des militaires.

PROJET À VENIR : INSTALLATION DE CONDITIONNEMENT

PHYSIQUE TEMPORAIRE À STADACONA

Lorsque la décision a été prise de fermer le Centre de conditionnement physique, de sports et de loisirs de Stadacona (STADPLEX) en 2018, la Section des opérations immobilières de Halifax a élaboré un plan d'infrastructure complet pour répondre aux besoins à court, moyen et long terme de la population de notre base en matière de conditionnement physique. Nous entrons actuellement dans la phase de conception d'une installation de conditionnement physique temporaire aménagée pour l'hiver qui sera construite là où se trouvait le gymnase du STADPLEX qui a été démolie. Inspiré d'une installation similaire à la BFC Borden, cet espace de 1 250 mètres carrés sera chauffé et climatisé et comprendra un gymnase ouvert pour le basket-ball, le volley-ball, le badminton et le hockey-balle, une zone pour les appareils d'entraînement cardio-vasculaire et les poids, des vestiaires avec douches et toilettes, un bureau d'accueil équipé de postes de travail connectés au RED pour les instructeurs de conditionnement physique et de sport, et un local de rangement pour l'équipement. Beaucoup plus compacte que le gymnase original du STADPLEX, cette installation temporaire pourra accueillir jusqu'à quelque 134 usagers, capacité qui sera réduite au besoin si des mesures de

distanciation physique sont encore en vigueur à l'ouverture. La conception de l'installation devrait être terminée au plus tard en mai 2021, et le calendrier de construction doit être confirmé. La structure restera en place jusqu'à ce qu'une nouvelle installation permanente soit approuvée, financée et construite.

COMMENTAIRES

Nous sommes toujours à l'écoute des commentaires, préoccupations et recommandations de la communauté de la défense et nous demeurons résolus à donner suite aux idées créatives qui permettent de maximiser vos possibilités d'accès à des programmes de santé et de conditionnement physique sur la base, en particulier face aux défis permanents liés au fonctionnement dans un contexte de pandémie. Si vous avez des commentaires sur les services de santé et de conditionnement physique actuellement offerts à la BFC Halifax, veuillez communiquer avec Jason Price, gestionnaire du conditionnement physique, des sports et des loisirs de Shearwater, au 902-720-1069, ou Ashley Stewart, gestionnaire intérimaire du conditionnement physique, des sports et des loisirs de la Flotte, au 902-427-3525.



Faces of the Base: Robyn Croft



Meet this week's #FaceofBaseHFX: Robyn Croft! Robyn is an apprentice Vehicle Technician working at 12 Wing Shearwater with the Base Logistics Transport, Electrical and Mechanical Engineering (TEME) unit. In this role, Robyn inspects and repairs a variety of different vehicles and equipment. Robyn has gained plenty of experience meticulously repairing everything from zambonis, fire trucks and frontend loaders to hybrid electric automobiles, approaching every job as if it were her own vehicle. While she enjoys the opportunity to work on such a wide range of equipment, Robyn does have some favorite pieces of equipment. If you ask her, she'll tell you the zamboni is always fun to work on, as well as the "quick fixes," as they are always satisfying and make you feel like you're saving the day. Her passion for learning new skills is always present, and has allowed her to become a critical member of the Maintenance team in Shearwater.

But Robyn's dedication to her team doesn't stop when her daily tasks are complete. She is also the shop's safety committee representative, ensuring that both the safety concerns and issues within her facility are identified and corrected. The dedication and professionalism she displays on a daily basis has earned Robyn much respect and admiration from colleagues and supervision alike.

This acknowledgement of Robyn's hard work has even been recognized beyond her workplace. Less than two weeks ago, on October 23, Robyn received the 2020 Nova Scotia Apprenticeship Award of Excellence! Check out the special video created for the Nova Scotia Apprenticeship Agency in honour of Robyn's award at <https://vimeo.com/461514071>

Bravo Zulu, Robyn, and thank you for all that you do!

SPORT CELL
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**SUNDAYS AT 7PM
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