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Feeling festive aboard HMCS *Montréal*

HMCS Montréal welcomed a special visitor on November 27, with Santa Claus himself coming on board to accompany the ship's Commanding Officer on his rounds and ensure Montréal is secure for sea. The crew of Montréal is now set for a holiday break before beginning Basic Single Ship Readiness Training in the new year.

S2 SAIF MORSY



Comd MARLANT/JTFA Holiday Message



As we conclude this year, I would like to take this opportunity to wish everyone Happy Holidays. 2020 was undoubtedly a challenging time and I hope that you are able to rest and enjoy quality time with your loved ones.

This past year was certainly one of the most trying in recent memory. Through your perseverance we adapted our operations to continue doing our business in a COVID environment. We welcomed HMCS *Fredericton* home from a challenging deployment and bid fair winds as HMCS *Toronto* took its place in theatre. Our

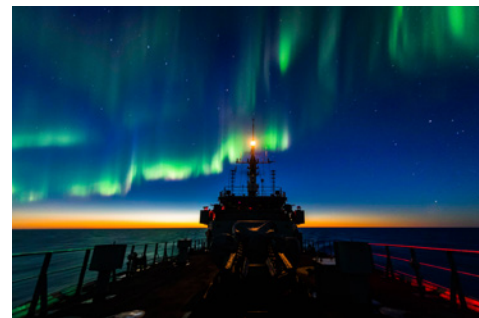
sailors, soldiers, and aviators have continued to perform to the highest standards, strengthening international relationships, despite the challenges of the pandemic.

At home, at the beginning of the year we provided support to the people of Newfoundland during Op LENTUS and the response to one of the largest snow falls in their recent history. Op LASER saw our Regular and Reserve personnel prepare to help Canadians deal with this unprecedented pandemic. Our high-readiness units prepared and deployed to be ready, while our personnel ashore provided the logistics and materiel to make masks, established precautions to keep our team safe, ramped up COVID testing for deployers, and continued to accomplish the Royal Canadian Navy's mission to prepare combat-effective naval forces that support Canadian interests at home and abroad. For that I thank you. Your tireless work supports our success.

This has also been a year of reflection. While we were unable to commemorate the 75th Anniversary of the end of the Battle of the Atlantic, the way we would have preferred, we found innovative ways to remember. We honored those men and women of the Merchant Navy and Royal Canadian Navy who served and sacrificed their lives to ensure much needed

food, supplies, and soldiers reached the front lines in Europe. Without their efforts, the war in Europe could not have been won. We remembered those killed in the torpedo attack on S.S. *Caribou* in 1942 and the heroic actions that night of Lieutenant Commander Margaret Brooke, a young Sub-Lieutenant at the time, and now the namesake of our second Arctic Off-shore Patrol Vessel. This year marked the 51st anniversary of the *Kootenay* disaster and the province of Nova Scotia and the city of Halifax have made a commitment to honour the 23rd of October as *Kootenay* Day.

Another milestone this year was the acceptance of HMCS *Harry DeWolf* and the completion of its Basic Single Ship Readiness Trials. The new platform and ship's company are already testing their capabilities and will soon put those to use in a variety of theatres and operations. I am greatly impressed by their proficien-



cies and I am confident that they, and the future ships of the class, will be force multipliers wherever they go.

Of course, we would not have been able to overcome all of the challenges of 2020 without the contributions of our civilian workforce. Thank you for your outstanding work. Whether working here at home or supporting operations overseas, you have made this year a success.

As we enter the holiday season, it is my sincere wish that you are all able to take time to safely relax and celebrate with loved ones. While many of us will not be able to enjoy this time with family and friends as we normally would, thoughtful and creative gestures will help keep us connected this holiday season despite the distance.

In closing, I would like to thank each and every member of Maritime Forces Atlantic and Joint Task Force Atlantic, as well as your families, for your dedication and hard work over the past 12 months. I hope that you all take great pride in our collective accomplishments and your critical roles in helping achieve our mission both at home and abroad.

Take care and I wish you all the best during the holidays.

*Rear-Admiral Brian Santarpia,
Commander Maritime Forces Atlantic
and Joint Task Force Atlantic*

Cmdt FMAR(A)/FOIA Message du temps des Fêtes

En cette fin d'année, j'en profite pour souhaiter à tous de joyeuses Fêtes. L'année 2020 a sans aucun doute été difficile et j'espère que vous pourrez vous reposer et passer de bons moments avec vos proches.

L'année écoulée a certainement été l'une des plus éprouvantes de mémoire récente. Grâce à votre persévérance, nous avons adapté nos opérations pour continuer à mener nos activités dans un contexte de COVID. Nous avons accueilli le NCSM *Fredericton*, qui revenait d'un déploiement difficile, et nous avons souhaité de bons vents au NCSM *Toronto*, qui prenait sa place dans le théâtre des opérations. Nos marins, soldats et aviateurs ont continué à accomplir leurs tâches selon les normes les plus élevées, renforçant ainsi les relations internationales, malgré les obstacles posés par la pandémie.

Au pays, au début de l'année, nous avons apporté notre soutien aux Terre-Neuviens pendant l'opération LENTUS, dans la foulée de l'une des plus importantes chutes de neige de leur histoire récente. L'opération LASER a permis à notre personnel de la Force régulière et de la Réserve de se préparer à aider les Canadiens à faire



face à une pandémie sans précédent. Nos unités à disponibilité opérationnelle élevée se sont préparées et déployées pour être prêtes, tandis que notre personnel à terre a fourni la logistique et le matériel nécessaires à la fabrication de masques, a établi des mesures de précaution pour assurer la sécurité de notre équipe, a intensifié les tests de dépistage de la COVID pour les personnes devant être déployées, et a continué à accomplir la mission de la Marine royale canadienne qui consiste à préparer des forces navales aptes au combat qui défendent les intérêts du Canada au pays et à l'étranger. Je vous en remercie. Votre travail acharné contribue à notre succès.

Cette année a également été une année de réflexion. Si nous n'avons pas pu célébrer le 75e anniversaire de la fin de la bataille de l'Atlantique, comme nous l'aurions souhaité, nous avons trouvé des moyens novateurs de nous souvenir. Nous avons honoré les hommes et les femmes de la marine marchande et de la Marine royale canadienne qui ont servi et sacrifié leur vie pour s'assurer que les vivres, les fournitures et les soldats nécessaires parvenaient sur les lignes de front en Europe. Sans leurs efforts, la guerre en Europe n'aurait pas pu être gagnée. Nous nous sommes souvenus de ceux qui ont été tués lors de l'attaque à la torpille perpétrée contre le SS *Caribou* en 1942 et des actions héroïques, cette nuit-là, du capitaine de corvette Margaret Brooke, jeune sous-lieutenant (M) à l'époque, dont notre deuxième navire de patrouille extracôtier et de l'Arctique porte désormais le nom. Cette année a marqué le 51e anniversaire de la catastrophe du *Kootenay*, et la province de Nouvelle-Écosse et la ville d'Halifax se sont engagées à la souligner le 23 octobre en tant que Journée du *Kootenay*.

Une autre étape importante a été

franchie cette année, à savoir l'acceptation du NCSM *Harry DeWolf* et l'achèvement de ses essais de disponibilité opérationnelle – niveau



élémentaire (navire unique). Les capacités de la nouvelle plateforme et de l'équipage du navire sont déjà mises à l'épreuve et seront bientôt utilisées dans divers théâtres et opérations. Je suis très impressionné par ces capacités et je suis persuadé que ce navire sera, tout comme celles des futurs navires de cette classe, un multiplicateur de force en toutes circonstances.

Bien entendu, nous n'aurions pas pu relever tous les défis de 2020 sans la contribution de notre personnel civil. Je vous remercie de votre travail remarquable. Que vous soyez en service ici au pays ou outre-mer en



appui aux opérations, vous avez fait de cette année un succès.

À l'approche de la période des Fêtes, je vous souhaite sincèrement de pouvoir prendre le temps de vous détendre et de célébrer avec vos proches en toute sécurité. Même si beaucoup d'entre nous ne pourront pas en profiter avec leur famille et

leurs amis comme à l'accoutumée, il n'en reste pas moins que des mesures réfléchies et créatives ont été prises pour faciliter les contacts en cette période de vacances, malgré la distance.

Pour conclure, je tiens à remercier tous les membres des Forces maritimes de l'Atlantique et de la Force

opérationnelle interarmées (Atlantique), ainsi que les familles pour leur dévouement et leur travail acharné au cours des douze derniers mois. J'espère que vous êtes tous très fiers de nos réalisations collectives et des rôles essentiels que vous jouez pour nous aider à mener à bien notre mission, tant au pays qu'à l'étranger.

Soyez prudents et Joyeuses Fêtes.

*Contre-amiral Brian Santarpia,
Commandant des Forces maritimes
de l'Atlantique et de la Force opérationnelle interarmées (Atlantique)*

A holiday message from the Base Commander

By Capt(N) Sean Williams,
Base Commander, CFB Halifax



Greetings CFB Halifax,

As I write these words, our realities – both individual and in the public sphere – are evolving rapidly. While we are all doing our best to keep each other safe and mitigate risks tied to the COVID-19 pandemic, I understand how anxious and restless many of you may feel. This has been a challenging year to say the least. But please remember that we are all in this together, even when apart, and that we are made stronger by our unity, patience and resiliency.

For me, one of the most humbling parts of the holidays is finding time to reflect in gratitude over the past year. While 2020 has been largely defined by complex challenges and devastating losses – with the tragic events that took place in Portapique last April, followed by the heartbreaking loss of our colleagues during Operation REASSURANCE and Operation INSPIRATION, as well as all those lost to COVID-19 – this has also been a time of boundless solidarity and compassion. I, myself, have witnessed countless acts of kindness, generosity and humanity over the course of the last 12 months, and that is something to be thankful for.

While it might be hard to remember a time when COVID-19 wasn't a constant in our lives, I'd like to take a step back and reflect on a few great moments from earlier this year. In late January, via Operation LENTUS, CAF personnel supported the people of Newfoundland and Labrador after a major snowstorm that led to states of emergency in many communities.

Soldiers, sailors and aviators worked together and helped local folks with wellness checks, removal of snow and transportation support, among other crucial tasks. Also in January, CFB Halifax hosted an important Bell Let's Talk event aimed at encouraging dialogue around mental health and fostering positive change in our Defence community. Further, the months that followed saw commemorations for important events such as Black History Month, Pink Shirt Day (Anti-Bullying Day), International Women's Day and the North American Indigenous Games 2020 Volunteer Launch, all of which helped raise awareness within our Defence Team and strengthen our ties with the local community.

After five months leading our CFB Halifax team, I have seen firsthand how integrated and integral the Base is to our local Defence community. I am inspired by our joint efforts to support the Fleet, our people and local lodger units across our region, especially so in the context of the COVID-19 pandemic. The Base Information Services team has dedicated much of its time delivering IT solutions to Defence Team members that allow them to work safely and efficiently both at home and in the office. Our colleagues at Base Administration have ensured safe accommodations and healthy meals are available to live-in members, while maintaining critical administrative support for Orderly Room and release activities. The multifaceted Base Logistics team has successfully procured and distributed thousands of masks to members working on Base, provided local transportation services for personnel and supplies as well as facilitated materiel distribution in support of deployed operations. Our fire protection services and physical security team have provided 365 days of uninterrupted service, while QHM has assisted with hundreds of hot and cold moves.

I'd be remiss not to mention lodger units beyond our core Base organization such as MARLANT Safety and Environment (MARL SE) and CF Health Services Centre (Atlantic). MARL SE has worked tirelessly to keep us up-to-date with public health guidelines and measures that have kept us safe and secure in the workplace, while the CF Health Services

Centre (Atlantic) team has done a tremendous job providing quality care to local military members during a very tumultuous time for the healthcare sector. Moreover, the RPOps(H) team has kept managing its large infrastructure portfolio, ensuring that our facilities and workplaces on Base continue to be safe and functional during this time. This list of thanks and appreciation is by no means exhaustive. Many other units have been adapting to our new normal as well, with creative solutions for maintaining or exceeding operational output, keeping us connected, keeping our facilities clean and drumming up morale – be it with virtual PSP work-outs, Base Logistics virtual baking competitions or on-line musical performances led by the Stadacona Band of the Royal Canadian Navy. Your efforts are acknowledged, applauded and appreciated.

Since my arrival, I have also witnessed how institutional discrimination and systemic barriers to inclusion have impacted our workforce. While several initiatives have been launched to address these deeply rooted issues – such as town halls on systemic racism, hateful conduct and unconscious bias training as well as ongoing consultations with MARLANT Defence Advisory Groups and the Employment Equity team – we still have much work to do if we are to dismantle discrimination in all its forms and affect long-lasting, meaningful change. But I am encouraged and inspired by the respectful dialogue that has commenced as a result of these efforts. As my predecessor stated before me, I am fully dedicated to amplifying local actionable solutions to bettering our organizational culture. As such, CFB Halifax remains steadfast in its priorities: providing our Defence Team with a safe, inclusive and respectful environment; supporting our community members, friends, neighbours and allies; and preserving a robust operational capacity, both at home and abroad. These key objectives will continue to guide and inform our work in 2021.

As we continue to navigate through this uncertain time, remember that you are not alone and that several resources exist to support you and your family. Defence Team members are encouraged to access the Defence Team [COVID-19 – Mental Health and](#)

[Wellness page](#) to help maintain and improve mental health and personal well-being. For CAF members, the Member Assistance Program (1-800-268-7708) and Family Information Line (1-800-866-4546) are available 24/7. For DND members, the Employee Assistance Program (1-800-268-7708 or 1-800-567-5803 *TTY—for people with hearing impairments) is available 24/7. You can connect with a local Chaplain by calling 902-721-8660 (weekdays) and 902-427-7788 (evenings and weekends), or book an appointment with the mental health unit at the Base clinic at 902-721-8012. You can also find mental health-related resources on our [CFB Halifax Facebook Page](#) (@BaseHalifax). Please don't struggle in silence: talk to your supervisor, your Chain of Command, EAP coordinator or a trusted colleague if you need support.

Finally, I want to thank our Defence community for everything you've done to keep our community safe and secure this year. Whether it be practicing physical distancing, finding new ways to stay connected, volunteering among our more vulnerable neighbours or maintaining operational readiness while deployed – you are the ones who have kept us moving forward during a very difficult time. I would also like to extend my sincere thanks to our incredible military families. While many of our Defence Team members are far from home this time of year, their families are serving and sacrificing alongside them. Every single one of these families deserves our everlasting gratitude, respect and support. Moreover, let us not forget the important work of our local Base emergency services – including Military Police Unit Halifax, the Halifax Naval Fire Department, the Commissionaires and emergency response personnel – who are working hard during the holiday season to ensure that the Base remains safe and operational. Please join me in thanking Defence Team members and their families today!

Wishing you all a safe and restful holiday season, and a prosperous New Year.

Remember to take care of yourselves and each other.

*Your Base Commander,
Capt(N) Sean Williams*



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Stadacona Band holiday concert will be online

By Virginia Beaton
Trident Staff

If you enjoy the Christmas holiday season, you will want to check MAR-LANT's Facebook page at 3 p.m. on Wednesday, December 16.

That's when the Stadacona Band of The Royal Canadian Navy, directed by Lt(N) Bradley Ritson, will present its annual Christmas concert, this year titled Celebrate the Season with the Stadacona Band.

"We recorded this concert in early October," says band member S1 Trevor Brandenburg.

The location was St Andrew's Church in central Halifax. "It's a great setting," according to S1 Brandenburg. "The church was renovated and adapted to make it a good place to perform. There's a stage and a grand piano." As well, "the acoustics in the church are outstanding," he noted.

The guest narrator will be Liz Rigney,

who has often performed as a singer with the band during the 'Til We Meet Again concerts, but for health and safety reasons related to COVID-19, Rigney will not be singing during this concert, says band member MS Blythe Heywood.

However, guest performer PO2 Brad Davidge, a former member of the band who now works in the Base Commander's office, will perform a duet with PO2 Krisanne Crowell. That music will be the version of Peace on Earth/The Little Drummer Boy, that made its debut with David Bowie and Bing Crosby in a TV performance more than 40 years ago.

The program of music will include seasonal favourites such as Leroy Anderson's popular hit Sleigh Ride, as well as his arrangement of Christmas carols, titled Christmas Festival. There will also be a set of Celtic tunes arranged by

Robert W. Smith.

Within the band, there are several smaller ensembles that often step out front to perform and for this concert, the jazz ensemble do so, playing Feliz Navidad.

People who view the concert online at home will be pleased with the visual and sound quality, says S1 Brandenburg. "Formation Imaging Services shot the video. It's a TV quality recording."

A sound engineer was hired and, he says, "Our Commanding Officer worked with the sound engineer for the post-production session."

Celebrate the Season with the Stadacona Band will be available for viewing and listening at 9 a.m. on Wednesday, December 16 on the Stadacona Band's Facebook page at: [facebook.com/StadaconaBand](https://www.facebook.com/StadaconaBand)



The Stadacona Band recorded its annual Christmas concert in St. Andrew's Church in Halifax in early October of 2020.

MONA GHIZ, MARLANT PA



PO2 Brad Davidge and PO2 Krisanne Crowell perform a duet of Peace on Earth/The Little Drummer Boy.

MONA GHIZ, MARLANT PA



Canadian Forces Maritime Warfare Centre marks 70th anniversary

The Canadian Forces Maritime Warfare Centre (CFMWC), located at CFB Halifax Stadacona, celebrated its 70th anniversary on November 9, 2020. The CFMWC is responsible for providing core training in the tactical employment of maritime forces and for evaluating the effectiveness of tactical doctrine, operating procedures and equipment performance through the analysis and reconstruction of Maritime Command operations and exercises. Due to the ongoing pandemic environment, CFMWC staff celebrated the centre's anniversary with a modest, physically distant party. CFB Halifax wishes CFMWC staff a very happy (belated) anniversary.



Message des Fêtes du commandant de la base

par Capv Sean Williams
Commandant de la base, BFC Halifax

Bonjour chers membres de la BFC Halifax,

Au moment où j'écris ces mots, nos réalités – aussi bien personnelles que collectives – évoluent rapidement. Nous faisons notre possible pour nous protéger les uns les autres et atténuer les risques liés à la pandémie de COVID-19 et je comprends l'inquiétude et la nervosité que beaucoup d'entre vous ressentent. En effet, cette année a été difficile, c'est le moins que l'on puisse dire, mais rappelez-vous que nous sommes ensemble dans cette épreuve et que, même éloignés les uns des autres, notre unité, notre patience et notre résilience nous rendent plus forts.

Dans le temps des fêtes, prendre un moment pour réfléchir à l'année écoulée avec gratitude m'invite tous les jours à l'humilité. Si l'année 2020 a été largement marquée par des défis complexes et des pertes dévastatrices – je pense aux événements tragiques de Portapique en avril, suivis de la perte bouleversante de nos collègues dans le cadre de l'opération REASSURANCE et de l'opération INSPIRATION, ainsi que de tous ceux qui nous ont quitté des suites de la COVID-19 – elle a également été une année de solidarité et de compassion sans borne. J'ai moi-même été témoin d'innombrables actes de gentillesse, de générosité et d'humanité au cours des douze derniers mois; autant de raisons d'être reconnaissant.

Il est parfois difficile de se rappeler l'époque où la COVID-19 ne faisait pas partie intégrante de nos vies, mais j'aimerais revenir en arrière pour réfléchir à quelques grands moments du début de l'année. Fin janvier, pendant l'opération LENTUS, les militaires des Forces armées canadiennes sont venus en aide à la population de Terre-Neuve-et-Labrador à la suite d'une importante tempête de neige qui a forcé de nombreuses collectivités à déclarer l'état d'urgence. Soldats, marins et aviateurs ont travaillé main dans la main pour soutenir les résidents en procédant à certaines tâches essentielles comme les vérifications du bien-être, le déneigement ou le transport. En janvier également, la BFC Halifax a accueilli un important événement Bell Cause pour la cause dont le but était de promouvoir le dialogue sur la santé mentale et de favoriser un changement positif au sein de la communauté de la Défense. Dans les mois qui ont suivi ont eu lieu des activités soulignant des événements importants telles que le Mois de l'histoire des Noirs, la Journée du chandail rose (Journée contre l'intimidation), la Journée internationale des femmes et le lancement du recrutement des bénévoles des Jeux autochtones de l'Amérique du Nord 2020, lesquelles ont toutes contribué à sensibiliser

l'Équipe de la Défense à ces sujets et à renforcer nos liens avec la collectivité.

Après cinq mois à la tête de l'équipe de la BFC Halifax, j'ai pu constater de près à quel point la base est intégrée à la communauté de la Défense locale et en fait partie intégrante. Je suis inspiré par nos efforts conjoints pour soutenir la flotte, nos membres et les unités hébergées dans toute la région, en particulier dans le contexte de la pandémie de COVID-19. L'équipe des Services d'information de la base a consacré une grande partie de son temps à offrir des solutions de TI aux membres de l'Équipe de la Défense pour leur permettre de travailler de façon sécuritaire et efficace, à la maison comme au bureau. Nos collègues de l'Administration de la base ont veillé à ce que les membres résidents disposent de logements sécuritaires et de repas sains, tout en maintenant le soutien administratif essentiel à la salle des rapports et aux activités liées aux libérations. L'équipe de la Logistique de la base a réussi grâce à ses nombreux talents à obtenir et à distribuer des milliers de masques au personnel travaillant sur la base, à assurer des services de transport de personnel et de matériel, ainsi qu'à faciliter la distribution de matériel à l'appui des opérations de déploiement. Nos Services de protection contre les incendies et notre équipe de Sécurité matérielle ont assuré la continuité du service toute l'année, et, de son côté, le capitaine de port de Sa Majesté a accompagné des centaines de déplacements avec ou sans autopropulsion.

Je dois aussi mentionner les unités hébergées en marge de l'organisation de la base principale, telles que Sécurité et Environnement des FMAR(A) [SE FMAR(A)] ou le Centre des Services de santé des FC (Atlantique). SE FMAR(A) a travaillé et continue de travailler sans relâche pour nous tenir informés des directives et des mesures de santé publique qui garantissent notre sécurité en milieu de travail. L'équipe du Centre des services de santé des FC (Atlantique), elle, fait un travail considérable en assurant des soins de qualité aux militaires locaux en cette période très mouvementée pour le secteur des services de santé. Par ailleurs, l'équipe des Ops Imm (H) continue de gérer son important portefeuille d'infrastructures. Elle veille à ce que nos installations et nos lieux de travail sur la base restent sécuritaires et fonctionnels. Cette liste de remerciements et de reconnaissance n'est en rien exhaustive. Bien d'autres unités se sont adaptées à cette nouvelle normalité grâce à des solutions originales pour maintenir ou dépasser les résultats opérationnels, nous permettre de rester en contact, garder nos installations propres et maintenir le moral

de tous – que ce soit avec les séances d'exercice physique virtuelles des PSP, les concours de pâtisseries en ligne des Services logistiques de la base ou les spectacles musicaux en ligne dirigés par la Musique Stadacona de la Marine royale canadienne. Vos efforts sont remarqués, applaudis et appréciés.

Depuis mon arrivée, j'ai également pu constater les conséquences de la discrimination institutionnelle et des obstacles systémiques à l'inclusion que notre effectif peut rencontrer. Plusieurs initiatives ont été mises sur pied pour lutter contre ces problèmes profonds. Je pense aux assemblées générales sur le racisme systémique, aux formations sur les comportements haineux et les partis pris inconscients, ainsi qu'aux consultations régulières avec les groupes consultatifs de la Défense des FMAR(A) et l'équipe de l'équité en matière d'emploi. Nous avons encore beaucoup de travail à faire si nous voulons mettre un terme à la discrimination sous toutes ses formes et opérer un changement réel et durable. Il est encourageant et inspirant de constater qu'un dialogue respectueux s'est noué grâce à ces efforts. Comme mon prédécesseur avant moi, je suis déterminé à donner de l'ampleur aux solutions concrètes à l'échelle locale dans le but de renforcer notre culture organisationnelle. Ainsi, la BFC Halifax réitère ses priorités : offrir à l'Équipe de la Défense un environnement sécuritaire, inclusif et respectueux, soutenir les membres de notre communauté, nos amis, nos voisins et nos alliés, et maintenir une solide capacité opérationnelle, au pays comme à l'étranger. Ces objectifs clés continueront d'orienter et de façonner notre travail en 2021.

En ces temps incertains, souvenez-vous que vous n'êtes pas seul. Plusieurs ressources sont là pour vous aider, ainsi que votre famille. Nous encourageons les membres de l'Équipe de la Défense à se rendre sur la page intitulée Santé mentale et bien-être de l'Équipe de la Défense en période de [COVID-19 créée pour les aider à préserver et à améliorer leur santé mentale](#) et leur bien-être personnel. Les membres des FAC ont aussi accès 24 heures sur 24 et 7 jours sur 7 au Programme d'aide aux membres des Forces canadiennes (1-800-268-7708) et à la Ligne d'information pour les familles (1-800-866-4546). Pour les membres du MDN, le Programme d'aide aux employés (1-800-268-7708 ou 1-800-567-5803 [ATS pour les personnes ayant une déficience auditive]) est disponible 24 heures sur 24 et 7 jours sur 7. Vous pouvez également communiquer avec un aumônier d'ici en appelant le 902-721-8660 les jours de semaine ou le 902-427-7788 le soir et le week-end. L'unité

de soins de santé mentale de la clinique de la base prend aussi des rendez-vous au 902-721-8012. Enfin, vous trouverez des ressources sur la santé mentale sur [la page Facebook](#) de la BFC Halifax (@BaseHalifax). Ne luttez pas en silence : si vous avez besoin d'aide, parlez à votre supérieur, à votre chaîne de commandement, à votre coordonnateur du PAE ou à un collègue en qui vous avez confiance.

Pour conclure, je souhaite vous remercier, chers membres de la communauté de la Défense, pour tout ce que vous avez fait cette année pour assurer la sécurité de chacun et chacune. Par le respect de l'éloignement physique, la mise en œuvre de nouvelles façons de rester en contact les uns avec les autres, le bénévolat auprès de nos voisins les plus vulnérables ou encore le maintien de l'état de préparation opérationnelle en déploiement, c'est grâce à vous que nous avons pu aller de l'avant pendant cette période très difficile. Je tiens également à remercier sincèrement nos incroyables familles de militaires. Beaucoup de membres de l'Équipe de la Défense sont loin de chez eux à cette époque de l'année, et comme eux, leurs familles servent le Canada et consentent des sacrifices. Chacune d'entre elles mérite notre gratitude, notre respect et notre soutien à jamais. Et pour finir, mentionnons le travail essentiel des services d'urgence de la base, notamment l'Unité de police militaire de Halifax, le Service d'incendie de la Marine d'Halifax, les commissionnaires et le personnel d'intervention en cas d'urgence. Ces hommes et ces femmes travaillent d'arrache-pied pendant la saison des fêtes pour que la base reste sécuritaire et opérationnelle. Je vous invite aujourd'hui à vous joindre à moi pour remercier les membres de l'Équipe de la Défense et leurs familles!

Je vous souhaite à tous un temps de fêtes sécuritaire et reposant, et une nouvelle année florissante.

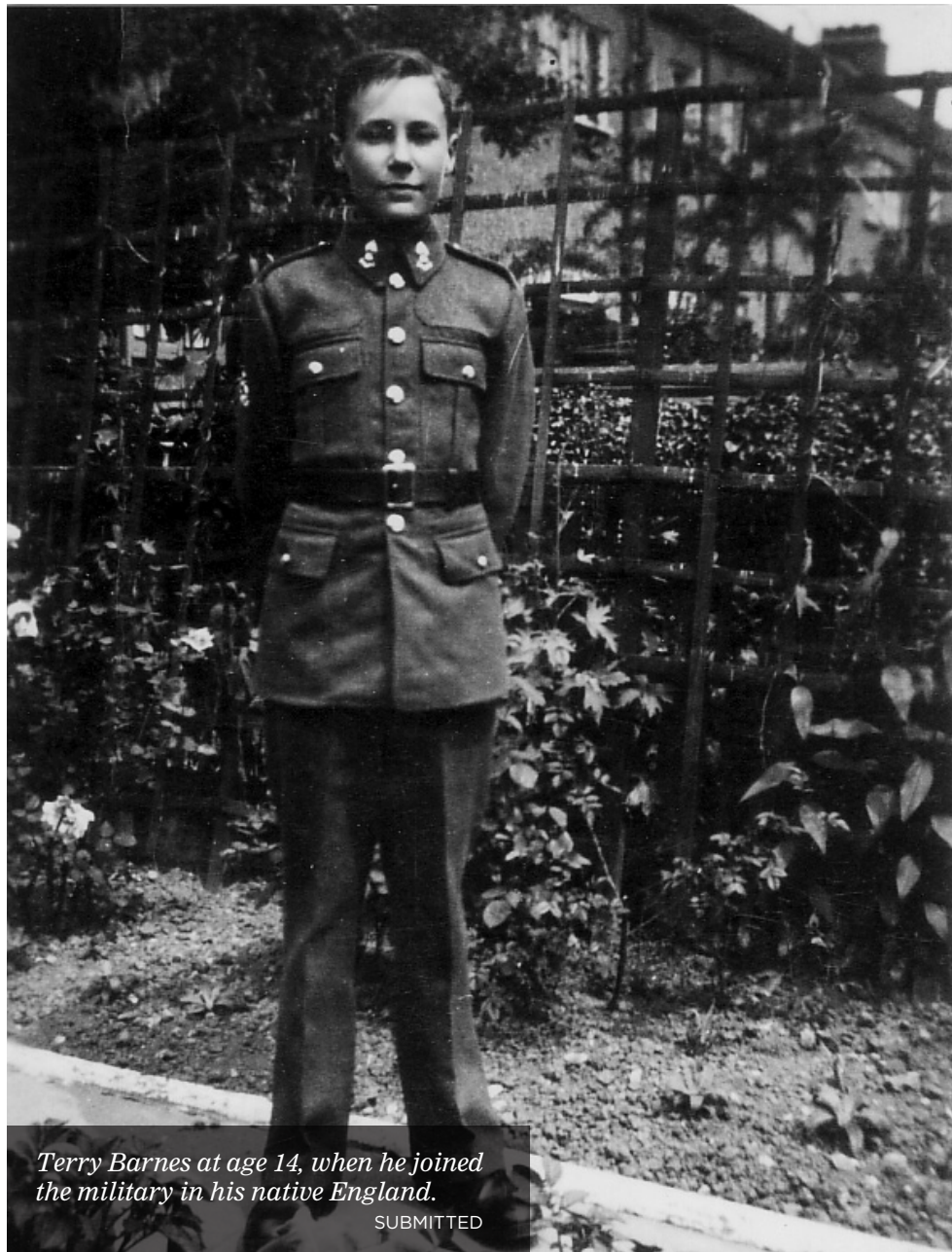
N'oubliez de prendre soin de vous et des autres.

*Le commandant de la base,
Capv Sean Williams*



Stadacona Band welcomes former Co-Director of Music

By MS Blythe Heywood
CNMT Volunteer



Terry Barnes at age 14, when he joined the military in his native England.

SUBMITTED

If you were ever curious about military bands, Capt (ret'd) Terence (Terry) Barnes would be your man. His journey started in Britain where military musicianship was an integral part of his family's background – his father, and brother both played in military bands. Although Terry was too young to be sent overseas during the Second World War (he joined the military in 1941 as a French horn player at only 14 years of age), in 1951 he was sent with other band members to Northern Africa as part of the post-war peace efforts.

After 12 years in the British Military, in February 1955 Terry, his wife and two young daughters embarked on their Canadian adventure. Arriving at Pier 21, they boarded a train and travelled 5 days across Canada where he joined his brother Roy at CFB Chilliwack as a horn player in the Royal Engineers Band. After 10 years, he attended the Esquimalt School of Music where he gained the qualifications to become a Director of Music (DMus).

This change of position from musician to DMus made for a lot of postings in a short time: 1966 DMus for the Guards Band in Petawawa, Ontario; 1967 DMus for Royal Canadian Dragoons Band in Gagetown NB; 1968 Co-DMus of the Stadacona Band alongside DMus Jack McGuire. The Stadacona Band had recently amalgamated with the Royal Artillery Band. At that time it was still an all-male band, and had approximately 60 members - almost twice the size the band is today. During his four years as Co-DMus of the Stadacona Band (1968-1971), the band took trip to Lahr, Germany, which at the time was a regular exchange program of military personnel and musicians. Apart from travelling more frequently, the job was much

the same as it is today (before COVID that is): parades, concerts, and special military ceremonies.

In 1971, Terry was posted to the Air Force Training Command Band in Winnipeg, MB for four years. His final posting, and a great way to go out with a bang, was DMus for the Canadian contingent of the NORAD Band in Colorado Springs. He describes this time as "a fascinating joint venture as we combined both Canadian and American musicians."

Retiring to Vancouver Island, he continued to be engaged in the community by helping direct a local community band in Nanaimo. After 20 years of island life, he and his wife decided to return to Halifax to be closer to both their daughters. In 2018 he embarked on another adventure when Camp Hill became his new home. By chance, one of the first social engagements he attended was a performance by the Stadacona Band Brass Quintet. Both Terry and each member of the Brass Quintet remember chatting and realizing the Stadacona Band connection - what a small world!

Although we cannot perform in such a manner now nor foster connections mentioned above, we hope that you can join us virtually for our seasonal concert: Celebrate the Season with the Stadacona Band, 3 p.m. on December 16 via MARLANT PA's Facebook page.

As the year of the Stadacona Band's 80th Anniversary comes to a close, we shall leave you to ponder these words of Capt Terence Barnes: "The best times as a Director were the rehearsals where the musicians and I worked together to bring out the best in each other."



Terry Barnes was Co-Director of Music for the Stadacona Band from 1968-71.

SUBMITTED



Terry Barnes as a horn player in the Royal Engineers Band in 1955-56.

SUBMITTED



Around The Rock: Training program takes HMCS *Harry DeWolf* to Newfoundland and Labrador

By Ryan Melanson
Trident Staff

Canada's first Arctic and Offshore Patrol Ship (AOPS) spent much of October and November of 2020 at sea, conducting readiness training and trialing new capabilities. For a few sailors, however, HMCS *Harry DeWolf*'s recent proficiency sail was also a chance to visit home.

The ship departed Halifax on November 13 for waters off Newfoundland and Labrador, where it visited ports outside of Nova Scotia for the first time, beginning with three days at anchor near Conception Bay South.

"It was pretty exciting to find out that our first port visit was going to be in my hometown," said S1 Ryan Smith, a Marine Technician aboard *Harry DeWolf* who grew up in Conception Bay South.

"Sailing in, I spent hours on the bridge taking in the sights, and all kinds of memories came flooding back... As the ship got closer to shore, I could see my house where I grew up, and saw my parents parked at the end of the road watching as we sailed by."

Thanks to careful planning, screening, and adherence to public health guidelines, some sailors from the area, including S1 Smith, were able to head to shore via small boats and spend time with their families. With the COVID-19 pandemic making travel and family reunions difficult this year, the short visits were especially significant, he added.

Those without a personal connection to Newfoundland were still able to enjoy the coastline and scenery as *Harry DeWolf* circumnavigated the entire island, and the upper decks offered views of dolphins, whales and other marine life throughout the sail.

Of course, the time at sea was about much more than sightseeing – *Harry DeWolf* is continuing with an intensive trials and training program that has it on track to be commissioned and fully deployable by the summer of 2021. One focus on this particular trip was to introduce the long range over-the-horizon capabilities of the new Multi-Role Rescue Boats and the ship's landing craft.

"This is establishing a new "Away Team" concept that will give significant reach to any domestic patrol," said Cdr Corey Gleason, HMCS *Harry DeWolf*'s Commanding Officer. He added that these successful trials were in addition to ship handling, turning and speed trials, along with crane and rigging tests, that were completed earlier this fall.

The two-week trip also included a chance to embark members of the 5th Canadian Ranger Patrol Group while sailing near the community of Bonavista, as well as an at-sea memorial for the victims who died aboard SS *Caribou*, a passenger ferry sunk by a German submarine just off Port-aux-Basques in October of 1942.

For the crew, an extended sail in *Harry DeWolf* also meant time to fully appreciate the modern accommodations that are so unique to the AOPS platform.

"Life on board is a complete 180 compared to our frigates," S1 Smith said. The new class of ships offers more comfort and privacy to sailors, with increased storage space, individual cabins, and new gender-inclusive washroom facilities, designed in part using the Gender-Based Analysis Plus (GBA+) analytical process.

"It all helps make day-to-day life on board better, and it also helps with the mental health aspect of being away from home for extended periods of time," he added.

The ship returned to Halifax at the end of November, but won't be staying in its homeport for long. Next up for the crew will be trials focused on landing and recovering a helicopter from the flight deck, to be followed by cold weather and ice trials in early 2021. Cdr Gleason said he expects both his crew and his ship to continue to impress as they continue sailing and bringing capabilities online.

"We remain incredibly honoured to have the responsibility to help enable the RCN's transition to the future fleet in this new platform."



Members of HMCS *Harry DeWolf* participate in a memorial at sea for SS *Caribou*, a North Sydney to Port-aux-Basques passenger ferry sunk by the German Submarine U-69 on October 14, 1942.

CPL DAVID VELDMAN, CAF PHOTO



HMCS *Harry DeWolf* sails in Conception Bay, Newfoundland on November 16.

CPL DAVID VELDMAN, CAF PHOTO



HMCS *Harry DeWolf* crew members, along with Canadian Rangers and members of the 5th Canadian Division, ride in a Multi Role Rescue Boat near Bonavista, Newfoundland and Labrador on November 19.

CPL DAVID VELDMAN, CAF PHOTO



Holiday traditions in the Navy

By Jennifer Gamble

Curator Naval Museum of Halifax

Celebrating the holidays with crewmates, friends and family has been a long standing tradition in the Royal Canadian Navy. Everything from moose milk to decorating the ship, has for the past 110 years brought joy to a time of year that has many different meanings for everyone.

Amongst the wonderful archival collection at the Naval Museum of Halifax there are pieces of these naval holiday traditions that have been donated to the museum over the years. Archivist Lisa McNiven has discovered that “there are so many beautiful gems in the collection from Christmas cards to holiday photos. These pieces of past holiday traditions stand out in the collection because they serve as an example of the unity that exists within the navy since 1910.” Some of Lisa’s favorite items are the museum’s collection of Christmas cards. Below is a selection from that collection that includes over a hundred items.

Acting Museum Director, CPO2 Guy Godin (ret’d), said that one of his fondest memories while serving in the navy was the holiday tradition of the youngest sailor becoming Captain for the day. On Christmas Day, since the 1940s, Commanding Officers have been giving up their tunics to the youngest member of the crew to become CO for the day. Along with the change of command, the crew of the ship would get to enjoy a proper

holiday meal served to them by the officers. A traditional Christmas dinner onboard a ship would include turkey with cranberry sauce, roast beef, savory stuffing and to top it all off Christmas pudding with brandy sauce.

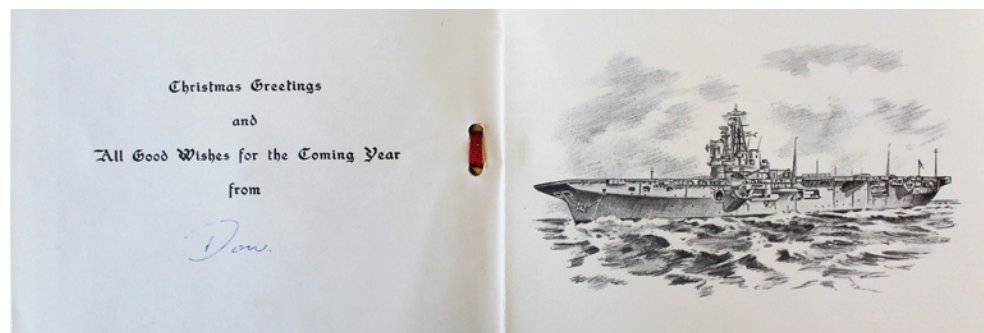
Finally, it would not be the holidays without a bit of decorating. During the Second World War, RCN sailors would celebrate the holidays at sea by decorating minesweepers, corvettes and destroyers with Christmas trees and wreaths that were hoisted up the funnel and placed around the ship. However, even though the holidays were celebrated during the war, it was also a time of tragedy for the Royal Canadian Navy. On the night of December 24, 1944 HMCS *Clayoquot*, a Bangor-class Minesweeper, was torpedoed and sunk by U-806 just outside the approaches to the Halifax Harbour. Sadly, eight sailors lost their lives that night. Every year on Battle of the Atlantic Sunday the navy takes time to remember ships like the *Clayoquot*.

All of these are only but a few of the traditions and memories that the navy has around the holidays. If you have any special memories, traditions, or moments of remembrance that you would like to share with the museum please email the Naval Museum of Halifax at: navalmuseumofhalifax@forces.gc.ca



Christmas dinner onboard HMCS St. Thomas. From left to right: ratings AB E. Slotwinski, AB H. Booth, AB S. Kurchuriwsky, and OS. Nevitt.

WO MURISON, RCNVR



A Christmas card from HMCS Bonaventure.

NAVAL MUSEUM OF HALIFAX

Thoughts about about the holiday season

By Cdr Jennifer Gosse

Formation Chaplain



Have you ever seen the meme on Facebook that says: “Why do I wish people “Happy Holidays” instead of “Merry Christmas”? Because from November 1 to January 15 there are approximately 29 holidays observed

by seven of the world’s major religions. And I don’t think mine are the only ones that count.”

I haven’t fact checked it, but a quick glance at a multi-cultural calendar tells me it’s close enough to being true. I love it. Growing up, I was always fascinated by the differences in what and how people believe. I guess even back then I had the makings of a military chaplain, because I believed that every person not only had the right to their own beliefs, but that they should be respected for and upheld in those beliefs. That we believe differently is something to be celebrated in my eyes.

And that is why this time of the year is so special - so many of us are celebrating what we believe during what we have come to call “the holiday season.” In the northern hemisphere there is something about the shortened days and long dark nights that makes us turn inward, to focus on spiritual realities that can easily get lost in the hard light of day at

other times of the year. Snuggled in at home, surrounded by family, we begin to think about what is most important in our lives.

So what happens this year when a lot of us are not able to be in those places that nurture and sustain us? When the people you want to snuggle in with are locked down in another part of the country, or locked away in a retirement home just down the road? How do we celebrate when the people we want to celebrate with are not available to us?

I would suggest that we each need to look even further inward than we often do. To find that place in ourselves that connects us to that which is greater than ourselves. To what many of us would call the Holy, or the Sacred, or God. Granted it is sometimes easier to connect with other people than with that which is beyond our understanding, but the good news is that connecting with the deepest mystery of life is always available to us – no matter

what our circumstances, no matter where we are, no matter how alone we might otherwise be. We just have to ask in order to receive it; to search in order to find it.

This holiday season, whatever your circumstances, I hope that you are able to take some time to do that looking inward. Whether you are at home with family, or on your own, that Sacred Mystery that so many celebrate at this time of the year is still available to you. If you have trouble believing that and if you want someone to talk to about it, your chaplain team is here for you. Pondering the mysteries of life, while serving you, is what we are called to do.

Chaplain services are available during working hours by calling 721-8660 for the St. John’s office, 427-0521 for the Fleet Office and 720-1055 for the Shearwater office. Over the block leave, the Duty Chaplain can be reached by calling the Administrative Support Team at 427-7788.



Key events of the Battle of the Atlantic: December

By CP01 (ret'd) Pat Devenish
Canadian Naval Memorial Trust

December 10, 1939: 7,400 scantily equipped, hastily raised and poorly trained men of the 1st Canadian Division sail from Halifax for Britain. This is the first contingent of troops since Canada's declaration of war on Germany (September 10th). HMC Ships *Ottawa*, *Restigouche*, *Fraser* and *St. Laurent* lead that first of many troop convoys of recently converted liners under the designation TC-1 to a point off of Halifax where they are met by a Royal Navy escort.

December 1, 1940: HMCS *Saguenay*, escorting a convoy 300 miles west of Ireland is hit by a torpedo fired by the Italian submarine *Argo*. Her bow is smashed, separates, then sinks and at noon the next day she hits a mine in the Irish Sea off the Isle of Man. Twenty-three men are dead and 90 casualties are transferred to the destroyer HMS *Highlander* and by December 5, with a skeleton crew, she reaches the safety of harbour under tow. *Saguenay* is the first Canadian warship to be torpedoed by an enemy submarine. **Note:** Examination of post-war records indicates that the Captain of *Argo* was decorated with the German Oak Leaves for the destruction of this 'cruiser'.

December 7, 1940: After running aground in the Bristol Channel, the Canadian sailing vessel *Watkins F. Nisbet* is later salvaged and scrapped.

December 1, 1941: Based on an isolated case and an unofficial experiment originating on the corvette HMCS *Matapedia*, the term "Unfit Sea duty-Chronic seasickness" is coined. Developed from this series of events is a concoction of hyoscine hydrogen bromide, hyoscyamine hydrogen bromide and ethyl B-methyl allyl thiobarbituric acid into pill No. 2-183-a simple derivative of gravol-a seasickness pill.

December 7, 1941: While on escort duty with convoy SC 58, HMCS *Windflower* is accidentally rammed by the Dutch freighter *Zypenberg* in a foggy encounter off Newfoundland's Grand Banks. Only the second trip for the new ship and crew, she promptly sinks with the loss of 23 crew.

December 12, 1941: The Canadian merchantman *Neresus* disappears in the Caribbean. The weather is clear and no U-boats have ever been confirmed in the vicinity.

December 20, 1941: HMCS *Adversus* sinks but is safely abandoned by the

auxiliary patrol vessel's 16 crew after grounding off Liverpool, Nova Scotia in a gale. *Adversus* is manned by the RCMP and had been used to patrol Nova Scotia's south shore searching for German submarines attempting to land saboteurs and/or spies.

December 26, 1942: After nightfall, convoy ONS-154 bound for New York from Britain with an all-Canadian escort is attacked by a wolf pack numbering at least 20 U-boats. Over the course of the next two days, 14 ships are sunk and more than 100 merchant and naval seaman are dead. HMC Ships *St. Laurent*, *Chilliwack*, *Shediac*, *Napanee* and *Battleford* are not able to confirm any U-boat sinkings however the pack is finally driven off and 32 merchant ships arrive in port to be loaded with their precious cargo and sent off into the dark North Atlantic to return to England. Note: Postwar examinations of German records confirm the loss of U-356 in the early morning hours of the 27th.

December 3, 1944: While enroute from the Barbados to St John, New Brunswick, the 5500 ton Canadian merchantman *Cornwallis* is sunk off Portland, Maine by U-1230 with a loss of 43 of a crew of 48. U-1230, on its only cruise, was part of Operation Elster

(Magpie) and succeeded in landing two German spies at Hancock Point in the Gulf of Maine. Both spies were captured by US authorities.

December 10, 1944: After being damaged by a mine in the eastern Mediterranean off the coast of Greece, while support government loyal forces in Greece's civil war following liberation, the RCN infantry landing ship HMCS *Prince David* is towed to North Africa for repairs. After 4 weeks in Bizerta, Tunisia, a patch was fitted to the roughly 5 by 4 metre hole and she sailed for Gibraltar.

December 24, 1944: HMCS *Clayoquot*, while taking station on convoy XB 139 just two miles off Sambro Light off the entrance to Halifax harbour, is torpedoed and sunk by U-806, losing 8 of a crew of 84.

December 27, 1944: In the frigid water of the North Atlantic, another small yet vital victory is chalked up as the Castle class corvette HMCS *St. Thomas* sinks U-877. The submarine was disabled by the corvette's squid mortar and sank after her crew abandoned ship. All 56 crew were subsequently rescued by *St. Thomas*.

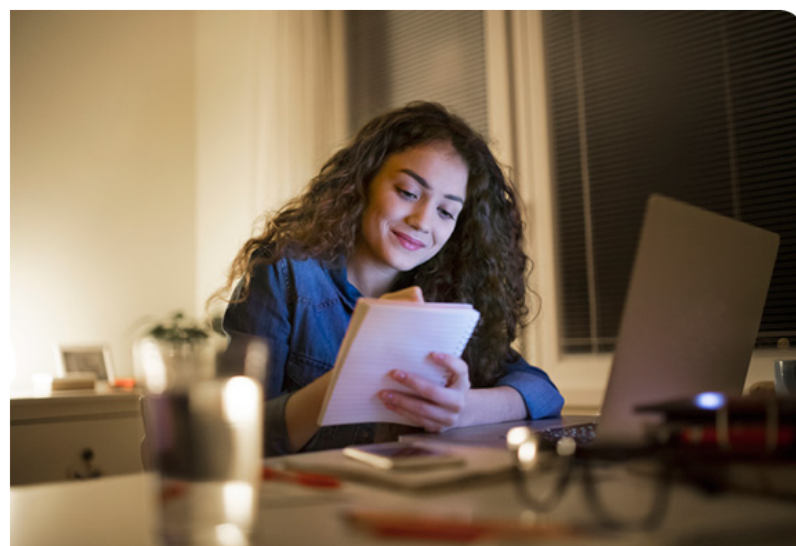


Wanted: Youth Reporter

Apply now to participate in this scholarship competition organized by the Canadian Forces Newspapers.

Youth interested in this endeavor should submit an application with their story pitch by 31 December, 2020.

CAFCONNECTION.CA/YOUTHREPORTER



Jeunes journalistes recherchés

Soumettez votre candidature dès maintenant et courez la chance de remporter une bourse d'études!

Date limite de candidature: le 31 décembre 2020

Ce concours est organisé par les journaux des Forces armées canadiennes.

WWW.CONNEXIONFAC.CA/JEUNEJOURNALISTE





Halifax Explosion commemorated

On December 4, Capt(N) Williams, CFB Halifax Base Commander, and CPO2 Waterfield, Assistant Base Chief, laid a CFB Halifax wreath during an intimate, physically-distanced Halifax Explosion commemorative ceremony at Fort Needham Memorial Park. December 6, 2020, marked the 103rd anniversary of this tragic event that forever changed our great city and its citizens who demonstrated tremendous strength and resiliency in the face of adversity.

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER

HMCS Summerside contributes to NDWCC



The small crew of HMCS Summerside have punched above their weight during this year's National Defence Workplace Charitable Campaign. Though they've been deployed overseas on Op CARIBBE, the ship's company managed to raise \$2,195 for NDWCC through a number of different fundraising initiatives. The ship arrived back in Halifax from the six-week deployment on December 8.

SUBMITTED

Face of the Base: Lt(N) Callista Szachury



Introducing another #Faceof-BaseHFX: Lt(N) Callista Szachury. Lt(N) Szachury is a Naval Warfare Officer (NWO) from HMCS *Queen*, a Naval Reserve Division located in Regina, SK. Earning her Bachelor of Education from the University of Regina in 2010 and teaching elementary students for eight years, Lt(N) Szachury's enthusiasm and passion for teaching and learning certainly cross over into her military career.

In fact, some of the most memorable highlights of her career have been when both her passion for education and military service are combined. For example, back in August 2019, HMCS *Ville de Quebec* sailed north to the Nanisivik Naval Facility on Baffin Island, Nunavut, a sail during which Lt(N) Szachury was given the opportunity to deliver a book and

supply donation. With the help of her connection to the school division and local community in Regina, they were able to gather and collect 500 pounds of children's books which were brought aboard and delivered with the help of ship's company to two northern schools: Inuujaq School in Arctic Bay and Ulaujuk Elementary School in Pond Inlet. "Watching [the students] choose their very own books for the first time in their lives is a moment that I will never forget," she explained.

With a natural passion for giving back to those around her, it comes as no surprise that Lt(N) Szachury was happy to be the Fleet OPI assisting with this year's #NDWCC. Over the past few months she has found that coordinating Fleet wide events, such as the Amazing Base Race, has been a challenging but

rewarding experience, especially seeing fellow members come together for a good cause. After working on a full-time contract at CFB Halifax since January 2019, she spent a brief time aboard HMCS *Charlottetown* before being posted to HMCS *Ville de Quebec* where, over the past year and a half, she received her Bridge Watchkeeping certificate and successfully completed her NOPQ board as a Reservist. "I've been extremely lucky in my naval career to have many highlights and fond memories, from achieving professional milestones to meeting and working with so many amazing individuals." Thank you, Lt(N) Szachury. We are lucky to have you aboard.



Well-known Trident employee says goodbye to the editor's chair

Margaret Conway

Base Public Affairs Officer, CFB Halifax



Virginia Beaton

MARGARET CONWAY,
CFB HALIFAX PUBLIC AFFAIRS

This week, we are honoured to feature a well-known and respected member of the local Defence community as our #FaceofBaseHFX: Virginia Beaton!

Born in Toronto but a Halifax resident most of her life, Virginia began working as an assistant editor and reporter for the Trident - the Royal Canadian Navy's East Coast newspaper - in 2002, moving into the primary editor role in 2009.

Virginia began her working career as a classical musician after receiving both bachelor's and master's degrees in music. She played flute in pit orchestras, on radio programmes, on track recordings for film and anywhere else her services were in demand.

When on a job with CBC, a staff member asked Virginia if she'd done any writing/broadcasting. She hadn't, aside from all of the research and writing she'd done as part of her master's degree, but was interested in giving it a try. This leap of faith led to a 10-year career as a freelance writer. "It paid well, and you could do it on your own time," explains Virginia, an important aspect of the job with a child at home to care for.

Fast-forward to 2002, when Virginia was made aware of the opening at the Trident Newspaper office. She knew nothing about the Canadian Armed Forces or Royal Canadian Navy, but was willing to take her chances. 18 years later, she has no regrets, noting the pride she feels doing this work. "My father was in the RCMP when he

was a young man. Although he passed away before I took the job with the Trident, I think he would have been proud of me."

After an incredible run at the helm of the Trident, Virginia will be retiring at the end of December. And while much could be written to describe Virginia's many contributions as a member of the Defence community, nothing can illustrate her accomplishments and essence better than this testimonial from a dear friend and fellow Defence Team member, Mike Bonin:

"I can... remember the challenges you faced square on and how you adapted and overcame them. Situations like... staff reductions, budget cuts, personal/ family tragedies, changing printers, adapting to new formats, creating a new look and feel, [or] going digital in spite of IT restrictions did not deter your determination or resolve. Not only did you survive, you thrived. You showed us that a newspaper is more than paper and ink. You encouraged people to submit articles and photos, making the paper be not just a part of PSP, but in fact, an

extension of the military and civilians who work in this area. You showed us your warm friendship and concern for other people's lives and families. You created a vehicle to tell the Navy's story and along the way, you produced a paper that won streams of accolades and national awards!"

We have certainly been lucky to have Virginia as part of our Defence family for so many years. And while she will be sorely missed, we are very excited to see what she ends up doing in this next chapter. Knowing Virginia, she won't stay idle.

"You have to keep learning. You have to accept that you can't stay where you are. You have to keep changing, and if you can do that and keep a positive attitude, that can lead you to a really good, productive life with a lot of opportunity to do worthwhile things."

Bravo Zulu, Virginia, on a very worthwhile and productive career! Thank you for the care, compassion and hard work you've displayed for so many years. We wish you fair winds and following seas!



FDU(A) raises more than \$10,000 for Christmas Daddies

Members from Fleet Diving Unit (Atlantic) presented a cheque to the Christmas Daddies Telethon on 5 December, 2020, outside CTV Atlantic's studio office. Although the run portion of the Christmas Daddies Navy Divers Run was cancelled this year due to COVID-19 restrictions, members of FDU(A) continued to fund-raise through a Go Fund Me page and raised \$10,145 for children in need this holiday season. Special thanks to major contributors Pleasant Street Diner, John's Lunch and Aqua Lunch. (Left to right) LCdr Neville Lockyer, Commanding Officer, FDU(A), PO2 Marcel Croteau, S1 Brad Northrup and S1 Mike Laphen.

MONA GHIZ, MARLANT PA



2020 in photos - a year in a review

As we prepare to mark the end of a truly unprecedented year, take a look back at 2020 with some of our memorable photos. The last 12 months have seen the defence community rally in the face of a global pandemic and come together following tragedy, while continuing to serve Canada both at home and abroad.



LS Nicole Winsor, a Marine Technician from HMCS Glace Bay, jumps in recovery position for a man overboard exercise in the Gulf of Guinea on March 2. HMC Ships Glace Bay and Shawinigan departed Halifax on January 26 and deployed until April 2020 as part of OP PROJECTION West Africa.

CPL YONGKU KANG



While large public ceremonies for the 75th anniversary of the Battle of the Atlantic in 2020 were cancelled, the Royal Canadian Navy still found a number of ways to mark the significance. Here, the crew of HMCS Ville de Quebec participates in a commemoration ceremony while the ship is anchored off Point Pleasant Park in Halifax on May 3.

LT JEFFERY MCBRIDE



When non-essential workplaces closed their doors in the spring to help stop the spread of COVID-19, the workforce at FMF Cape Scott sprang to action. The team quickly developed the capacity to produce hundreds of cloth masks per week when supplies were low, helping CAF members who needed to be at work to stay safe.

MONA GHIZ, MARLANT PA



The defence community in Halifax, as well as Canadians across the country, mourned the tragic loss of sailors and aviators in 2020. Six members deployed with HMCS Fredericton were lost on April 29 when the ship's CH-148 Cyclone Helicopter crashed off of Greece. In this photo, people line the highway in respect as the motorcade carrying the body of SLt Abbigail Cowbrough arrives in Halifax on May 11.

MCPL MANUELA BERGER, CAF PHOTO



Stadacona's newly built Common Support Training Facility opened earlier this year, and on June 19, CFB Halifax welcomed Hon Capt(N) Debbie Eisan and Raymond Sewell to deliver a Mi'kmaq Grand Council flag to be displayed in the new building. The flag installation was both significant and symbolic, as CFB Halifax is located on Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq people.

CFB HALIFAX PUBLIC AFFAIRS



Maritime Forces Atlantic and Joint Task Force Atlantic welcomed a new Commander on July 24, with RAdm Brian Santarpia stepping into the role. He was joined at the Change of Command ceremony by VAdm Art McDonald, Commander RCN (centre) and outgoing Commander MARLANT and JTFA, RAdm Craig Baines (left).

MONA GHIZ, MARLANT PA



Cmdre Richard Feltham, Commander CCFL, far left, salutes HMCS Toronto as it departs Jetty NB in Halifax on July 25. To his right is The Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia. Toronto was the second RCN ship to deploy to Op REASSURANCE in 2020, following the return of HMCS Fredericton.

MARLANT PA



Members of HMCS Harry DeWolf formed up on the new jetty at HMC Dockyard before boarding their ship for the first time. Harry DeWolf is the RCN's first Arctic and Off-shore Patrol Ship, and was officially delivered from Irving Shipbuilding to the Navy on July 31.

MONA GHIZ, MARLANT PA



HMCS Oriole made the most of an altered schedule in 2020. With travel restrictions cancelling their Great Lakes Deployment, the RCN's tall ship focused on local outreach. Here Oriole is seen serving as the marshal of the Royal Nova Scotia Yacht Squadron's Prince of Wales Regatta in Halifax Harbour on September 20.

S1 BRYAN UNDERWOOD, CAF PHOTO



A simulated enemy force moves into position to launch a mock attack during a combat exercise as part of Exercise JOINT WARRIOR on October 8, 2020. The exercise off of Scotland involved 11 nations, with a total of more than 6,000 personnel taking part. The Canadian contingent includes HMC ships Halifax, Ville de Québec, and HMCS Toronto, along with MV Asterix.

S1 LOUIS-PHILLIPE DUBÉ, CAF PHOTO



CFB Halifax volunteers support United Way Day of Caring in East Preston

Margaret Conway

Base Public Affairs Officer, CFB Halifax

Each year, United Way Halifax offers its Day of Caring program for local corporate partners. Through this program, United Way Halifax matches teams of volunteers with hands-on projects in their communities. Countless hours go into planning Day of Caring initiatives, which attract volunteers from throughout the Halifax region, many who return year after year. These initiatives positively impact many local organizations/individuals and those who benefit from their programs and services while promoting teamwork and camaraderie within our communities.

In August 2020, when PO1 Lynn Cassidy heard about the opportunity for CFB Halifax to participate in a United Way Day of Caring, she immediately volunteered. “The United Way Day of Caring is so important to me,” she explains. “I like to help as much as I can, and this program allows me to proudly wear my uniform and help my community.”

A participant in numerous Days of Caring over the years, PO1 Cassidy – currently the Ceremonial Petty Officer at CFB Halifax – was excited to be appointed team leader for a Day of Caring opportunity in East Preston, a tightknit Halifax Regional Municipality (HRM) community located east of Dartmouth. This project, she was told, would involve building a greenhouse at the East Preston Day Care and Family Resource Centre for use by the Centre’s staff, children and local community members.

The Centre’s greenhouse project is one of several projects developed in recent years by the “Community Intergenerational Green House and Garden Project Committee,” a group of members representing both the East Preston Day Care and Family Resource Centre and the neighbouring community’s North Preston Community Centre.

This committee applied for – and was successfully awarded – a grant in full to fund all costs related to building the greenhouse, a big win for the communities of East and North Preston. With this funding finalized and approved, they could finally start the search for volunteers to help build the greenhouse structure.

Excited to get involved and give back, PO1 Cassidy quickly started preparations for the greenhouse build. After soliciting for volunteers within the CFB Halifax community, 15 members from the Base ceremonial team and Base Logistics answered the call to action. Once all the permits were approved and materials were delivered, the team headed out to East Preston with trucks full of tools, eager to get started.

On the first day of the build, it rained so hard that the team of volunteers could barely see a foot in front of them; but that didn’t stop anyone. Each volunteer stepped up to the occasion, prepared to work through the uncooperative weather conditions without complaint. And through this teamwork and dedication, they were able to set up the base of the greenhouse and secure the frame of the structure.

“I’m extremely grateful to have had the support of colleagues who are so motivated to help regardless of the circumstances,” explains PO1 Cassidy, speaking of the combined efforts of her team.

In the end, it took the team a total of five days to complete the greenhouse. And while there were many challenges presented along the way, the volunteers were thankful for the support from the daycare’s project liaisons, Janet Grant and Trina Brooks, who were helpful throughout the process. Likewise, Grant, Brooks and the entire East Preston Day Care and Family Resource Centre team were thrilled

for the support from members of the Canadian Armed Forces

“This project means that eventually the daycare will have food security and be self-sustainable,” explains Grant, a staff support and after school program coordinator at the daycare.

Looking to get the most use out of the greenhouse as possible, daycare staff are planning to start growing early within the greenhouse, then transplant what was grown into outdoor gardens. To maximize the harvest and optimize the space being used, Grant explains that the produce grown will be used “to expand into surrounding communities.” In addition, many of the seedlings will be given to residents so they can grow their own veggies at home.

“I am so excited that the children will have a huge part in providing nutritional food to their own homes and community,” explains PO1 Cassidy. “They will help plant, weed, and harvest everything, alongside the wonderful teachers at the daycare.”

It appears the children who attend the programs are equally excited, with one having expressed that they “are very excited to get their hands into the soil and produce some food.”

In March 2021, PO1 Cassidy and her team of volunteers will return to the daycare to deliver the project’s final touches, which will include attaching

the plastic covering and installing shelves and tables.

PO1 Cassidy recognizes that United Way Day of Caring initiatives are unique and rewarding opportunities for employees to come together and work on meaningful projects in our local communities. “I encourage everyone to help others, nothing is too small to make a difference.”

The East Preston Day Care and Family Resource Centre is a non-profit organization that has been a fixture in the community of East Preston for over 40 years. Offering nurturing care and educational opportunities to children aged 3 months to 10 years, the fully licensed Day Care includes access to a large, fenced outdoor play area with equipment; an indoor gym; library; and appropriate toys and learning aids for each age group. Located in the same facility, the East Preston Family Resource Centre provides programming for all ages, from pre/post natal classes; free car safety checks; and school readiness programs to youth groups; parenting; and budgeting workshops. To learn more about the East Preston Day Care and Family Resource Centre, visit: <https://www.eastprestondaycare.ca/>

For more information on United Way Halifax’s Day of Caring program, visit: <https://bit.ly/3mngAJj>



A team of volunteers from CFB Halifax participate in a United Way Day of Caring activity at the East Preston Day Care and Family Resource Centre in October 2020.

SYDNEY MACLEOD, CFB HALIFAX PA INTERN



Members from CFB Halifax work together to construct the frame of a greenhouse at the East Preston Day Care and Family Resource Centre.

SYDNEY MACLEOD, CFB HALIFAX PA INTERN



SPORTS & FITNESS



The Halifax Wrens hockey league was popular in 1943, with the women forming multiple teams and often playing to large crowds.

CROW'S NEST ARCHIVES

RCN sports history: Wrens take the ice in Halifax

By Ryan Melanson
Trident Staff

The Women's Royal Canadian Naval Service was in operation during and following the Second World War years, from 1942 to 1946, and saw more than 7,000 women sign up to contribute to the Navy's war effort. The women served in dozens of different non-combat roles at naval bases at home and abroad, and just like the male sailors, they needed to blow off steam from time to time with recreation and physical activity.

With about 1000 wrens working in Halifax in late 1943, they decided to start up their own hockey league. The number of interested players meant multiple teams were established, and the Wrens league became popular through the 1943/1944 hockey season. A piece in the December 1943 issue of the Crow's Nest noted that "Large crowds are turning out to see the games and the girls put on a show that proves they have 'hockey brains' just

as well as the boys."

This month in RCN sports history

1952 - After five years of frustrating failure, the Shearwater Flyers more than made up for the past by trouncing Stadacona 65-6 to win the Nova Scotia Canadian Football Championship on December 3. Just three days later, they kept the momentum going to win the first Maritime Canadian football playoff ever staged – beating hard-fighting St. Thomas College from Chatham, New Brunswick 14-5 in a sudden death final. The Flyers came from behind a 5-1 deficit at halftime to score 13 points in the third quarter and defeat St. Thomas in front of a big crowd at Dalhousie University's Studley Field.

1961 - The Stadacona Cagers ran away with two major basketball

championships in mid-December. In their first tournament, they won all four games to take the Tri-service Basketball Championship, and just three days later they topped all entries in the Atlantic Command Basketball Meet. In the five-team entry for the tri-service event, Stad defeated three competitors on the opening day, and then downed Cornwallis 62-41 in the sudden death final the next day. Teams entered were Stadacona, Cornwallis, Shearwater, Fifth Escort Squadron and RCAF Summerside. Stadacona's Rod Shoveller topped the field in points, getting 21 in the final game, while Rick Cartwright paced Cornwallis with 12 points. In the other championship game, Stadacona took the Atlantic Command crown after downing Fifth Escort Squadron 77-36 in the finals. Teams in this second tournament were Cornwallis, Bonaventure, Shearwater, Stadacona

and Fifth Escort.

1981 - HMCS *Huron* was considered the team to beat when they showed up to the Atlantic Regional Small Base Broomball Championships at CFB Summerside in December of 1981. *Huron* had been champions for five consecutive years heading into the week, and were confident they could make it six. There were five teams competing, with *Huron* joined by CFB Gander, CFS Sydney, CFS Shelburne, and CFS St. Margarets. While the defending champs breezed through to the finals with little trouble, they faced tough opposition from CFS St. Margarets in the championship game, being forced to a third sudden-death overtime period to break a 1-1 tie. The winning shot, clinching the sixth consecutive title for HMCS *Huron*, came from LS Ten Eyck.



RJOC(A) Officer once again named CAF Official of the Year

By Trident Staff

A local airman has made it a hat trick with the CAF Official of the Year Award. Capt Steven Stuart, a member of Regional Joint Operations Centre (Atlantic) (RJOC(A)), was recently named the winner as part of the 2020 Canadian Armed Forces Sports Awards Ceremony. The awards are being announced and presented virtually through November and December, with the usual gala ceremony in Ottawa not possible this year.

Capt Stuart has been officiating volleyball since 2005, and was first named CAF Official of the Year in 2007 after quickly becoming dedicated to volleyball on both the military and civilian sides of the sport. He received the award again in 2018 following his first international appointment with the CISM World Military Women's Volleyball Championship in Florida.

His accomplishments through 2019, which led to him receiving the award for a third time, included refereeing at the CAF National and Regional level, as well as at the 2019 CISM World Military Games in Wuhan, China, while also continuing to serve as the CAF Chief Volleyball Official. He was also part of major civilian competitions in 2019, officiating at multiple Volleyball Canada National Events, as well as at the university and college level.

Capt Stuart has been able to excel because of his ability to remain calm in stressful situations, and he's known by coaches, competitors and his fellow officials for being friendly, approachable, and knowledgeable about volleyball. He says he enjoys officiating and continues to do it for the love of the game.



Capt Steve Stuart, pictured here receiving the 2018 CAF Official of the Year Award, has recently been named Official of the Year for 2020 as well. It's the third time Capt Stuart has won the award.

SUBMITTED

Healthy Holidays

By PSP Halifax Health Promotion Staff

Maintaining a healthy diet can feel extra difficult during the holiday season. Because so many of our festivities revolve around food and alcohol, it can be easy to get carried away. So instead of putting the holidays on hold, here are some small tips from canada.ca to make this holiday happy, healthy, and safe.

1. Unhealthy holiday foods are often a big part of tradition, making them hard to resist. If you choose to indulge, try your best to limit portion sizes. Slowly savour these treats so that you feel satisfied with the portion that you've eaten.

2. Take time just for eating. If hosting, try to structure the celebration with separate eating time. This way it's harder to get carried away when socializing and mindlessly snacking. If attending, step away for a minute to sit down with your meal.

3. When drinking, remember not to do so on an empty stomach. Find a healthy snack (such as a veggie tray) so you can always have something to fill your stomach.

4. Think beyond food and drink as a focal point of your get together. Instead, have a game night, go outside for some winter fun, or get creative and make a new holiday decoration together.

5. If trying to avoid or limit alcohol intake, don't feel like you have to stick with pop or sparkling water all night. Opt for some fun mocktails so you don't feel left out of the celebration. Just remember to be aware of your sugar intake; some drinks may have very high levels of added sugars.

Here are some healthy mocktail pointers that you can use over the holiday season, adapted from nutritionstripped.com:

Substitute with kombucha: in a wine-based drink like sangria, choose to use kombucha, a fermented tea with a slightly boozy taste and often low in added sugars.

Use 100% juice: when mixing drinks that call for juice, choose juices labelled 100% juice, as opposed to from concentrate.

Add ginger, mint, and other strong flavours: the use of ingredients like these can provide that missing bite to your non-alcoholic beverage, so you don't feel like you're missing out.

<https://food-guide.canada.ca/en/tips-for-healthy-eating/holidays-and-events/?=undefined&wb-disable=true>

<https://nutritionstripped.com/your-guide-healthy-mocktails/>

Input requested on military justice system

Defence Minister Harjit S. Sajjan has appointed the Honourable Morris J. Fish, former Justice of the Supreme Court of Canada, as the Independent Review Authority, to conduct an independent review of specified provisions of the National Defence Act (NDA) and their operation. In this Independent Review, the specified provisions of the NDA that will be reviewed include those relating to military justice, military policing and police oversight, military grievances and external review of grievances.

Persons who have an interest in

the military justice system (including the Code of Service Discipline), military grievances, the Canadian Forces Provost Marshal, and the Military Police Complaints Commission are encouraged to provide comments to the Third Independent Review Authority by January 8, 2021. Inquiries and submissions should be addressed to Mr. Jean-Philippe Groleau at Davies Ward Phillips & Vineberg LLP, by mail to 1501 McGill College Suite 2600, Montreal, Quebec, H3A 3N9, by telephone at 514-841-6583, or by email at: review.authority@dwvp.com.

Un examen indépendant de dispositions précises de la Loi sur la défense nationale

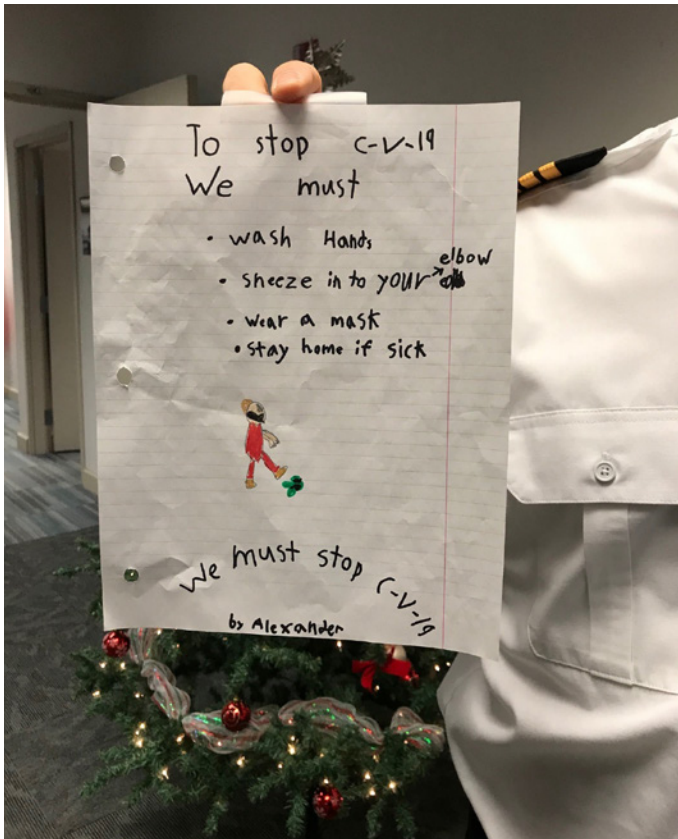
Le ministre de la Défense Harjit S. Sajjan a nommé l'honorable Morris J. Fish, ancien juge de la Cour suprême du Canada, comme autorité d'examen indépendant, pour effectuer un examen indépendant de dispositions précises de la Loi sur la défense nationale (LDN) et de leur application. Les dispositions visées comprennent celles liées à la justice militaire (y compris le Code de discipline militaire), aux griefs militaires, au Grand Prévôt des Forces canadiennes et à la Commission d'examen des plaintes concernant la police militaire.

Tous ceux qui s'intéressent au système de justice militaire (y com-

pris le Code de discipline militaire), aux griefs militaires, au Grand Prévôt des Forces canadiennes et à la Commission d'examen des plaintes concernant la police militaire sont invités à transmettre leurs commentaires à l'autorité chargée du troisième examen indépendant avant le 8 janvier 2021. Veuillez faire parvenir vos propositions et requêtes par courrier postal à M. Jean-Philippe Groleau, de Davies Ward Phillips & Vineberg LLP, au 1501, avenue McGill College, bureau 2600, Montréal (Québec) H3A 3N9; par téléphone, au 514-841-6583, ou par courriel, au review.authority@dwvp.com.



How to stop the spread of COVID-19



Words of wisdom from the Base Commander's son, Alexander:

To stop COVID-19, we must:

- Wash hands
- Sneeze into your elbow
- Wear a mask
- Stay home if sick

We must stop COVID-19. Thank you, Alexander!

MARGARET CONWAY, BASE PUBLIC AFFAIRS OFFICER

Army cadets accepting new members

By 3036 Royal Canadian Army Cadet Corps

The 3036 Sackville Lions RCEME 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](https://www.facebook.com/cadets3036)

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