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Home for the holidays

HMCS Toronto arrived back in Halifax on December 23 after a five-month European deployment on Operation REASSURANCE. The homecoming was days earlier than planned, giving members of the crew the gift of spending Christmas and the holiday season with their loved ones.

MONA GHIZ, MARLANT PA





HMCS *Halifax* departs for six-month Operation REASSURANCE deployment

By Ryan Melanson
Trident Staff

A new year brought a new mission for the ship's company of HMCS *Halifax*, who left homeport on New Year's Day to join Standing NATO Maritime Group One as part of a six-month deployment to Operation REASSURANCE.

The departure marks the 15th consecutive deployment in support of the NATO assurance and deterrence mission in European waters, with RCN ships maintaining a consistent presence since 2014. *Halifax* will be operating with its NATO allies in Western and Northern European waters – they're set to conduct an intense program of operational patrols and training exercises, maintaining NATO's presence in key regions while also building on their ability to work in concert with the multinational vessels that make up the SNMG1 task group.

"This is our commitment to our NATO partners that we will continue to work with them, to learn how to better work together, and to assure them Canada will be a committed partner now and into the future," said Cdr Chris Rochon, *Halifax's* Commanding Officer, while speaking to media prior to departing. He was backed up at the podium by Cmdre Bradley Peats, who'll be joining the ship in Europe as Canada assumes command of SNMG1 for the duration of the deployment. Cmdre Peats will take over as Commander SNMG1, while *Halifax* will serve as the task group flagship, replacing the Portuguese Navy ship NRP *Corte-Real*.

It's an exciting time for HMCS *Halifax*, but it's also an anxious time for

sailors and their families, Cdr Rochon added. The unique nature of this deployment was accentuated by the lack of family members at the jetty for the send-off, with COVID-19 restrictions barring the usual large gathering. The ship has been planning extensively since March, and without downplaying the legitimate worries and risks associated with the pandemic, Cdr Rochon said he's confident his crew will be kept safe and healthy.

"COVID challenged us to adjust our training, technical and personnel management in ways we would have never imagined. In the face of this challenge, this team has thrived and succeeded."

For the majority of sailors, the biggest change will be the lack of alongside visits through the six-month trip. Getting off ship and exploring foreign ports is typically a big bonus on this type of extended deployment, and has been made impossible due to the global nature of the pandemic. This means spending even more time on board, said PO1 Joyce Farmer, who tried to put a positive spin on the situation.

"We'll be very enclosed, but as a Navy family we are going to have to keep ourselves entertained," she said.

"We're going to work out, get to know each other, keep in touch with our families, and have a lot of time to ourselves."

HMCS *Halifax* will join their SNMG1 allies in the coming days, and Canada will officially assume command of the task group following a ceremony in Lisbon, Portugal on January 18.



Cdr Chris Rochon, Commanding Officer of HMCS *Halifax*, spoke to reporters, and to an audience watching online via live stream, prior to the ship's departure.

MONA GHIZ, MARLANT PA



S1 Joannie Auclair, left and PO1 Joyce Farmer, both members of HMCS *Halifax's* ship's company, show some love before leaving the jetty.

MONA GHIZ, MARLANT PA



12 Wing Shearwater leadership was on hand to see off the ship and its embarked CH-148 Cyclone Helicopter Air Detachment.

MONA GHIZ, MARLANT PA



Families and friends watch from the Halifax waterfront as HMCS *Halifax* departs on January 1 for a six-month deployment to Op REASSURANCE..

HALIFAX & REGION MFRC



Vice-Admiral Art McDonald will be the next Chief of the Defence Staff.

DND

VAdm McDonald named next Chief of the Defence Staff

By Government of Canada

On December 23, Prime Minister Justin Trudeau announced the upcoming appointment of Vice-Admiral Art McDonald, currently Commander of the Royal Canadian Navy, as Chief of the Defence Staff.

VAdm McDonald will be promoted to the rank of Admiral and replace the current Chief of the Defence Staff, General Jonathan Vance, who will be retiring from the Canadian Armed Forces. VAdm McDonald became Commander of the Royal Canadian Navy in June 2019. Before his appointment, he commanded HMCS *Halifax*, the Fifth Maritime Operations Group, and Joint Task Force Pacific. Through these and other naval roles, he circumnavigated the globe, led sea-based humanitarian and disaster relief operations, and commanded a multi-national task group in the High Arctic.

In his new role, VAdm McDonald will oversee the Canadian Armed Forces' ongoing operations in Canada and around the world, and their contributions to

the national response to the COVID-19 pandemic, including support for Canada's vaccine rollout through Operation VECTOR.

The Prime Minister thanked General Jonathan Vance for his years of distinguished service leading the Canadian Armed Forces. General Vance will continue to serve in his role until the appointment of the new Chief of Defence Staff takes effect at a Change of Command ceremony to be held the week of January 11, 2021.

"At home and abroad, Canadian Armed Forces members have always answered the call of duty, working day in and day out to keep us and our loved ones safe. Vice-Admiral Art McDonald brings decades of experience in a variety of command and staff roles, and I am confident that he will provide dedicated leadership to the Canadian Armed Forces as they continue to respond wherever is needed to protect Canadians and our values," the Prime Minister said.



Operation VECTOR

Members of the Royal Canadian Air Force's 436 Transport Squadron supported the Public Health Agency of Canada with the delivery of special freezers from Ottawa to the northern Territories between December 12-15 to assist territorial health agencies with COVID-19 vaccine distribution. This mission was conducted as part of Operation VECTOR, which is the Canadian Armed Forces' mission supporting the Government of Canada's COVID-19 vaccine distribution and delivery efforts.

MCPL GENEVIEVE LAPOINTE, CAF PHOTO



VAdm Baines will be 37th Commander RCN

The next Commander of the Royal Canadian Navy will be a familiar face to sailors on the east coast. VAdm Craig Baines served as Commander of the Atlantic Fleet from 2014-2017 before being appointed Commander of Maritime Forces Atlantic and Joint Task Force Atlantic, a position he held until July 2020. His 33-year CAF career also includes appointments as Commanding Officer of HMCS Winnipeg and Base Commander at CFB Esquimalt. He was promoted to Vice-Admiral by Gen Jonathan Vance, Chief of the Defence Staff, on January 5, and will assume command of the Royal Canadian Navy during a ceremony on January 12, replacing VAdm Art McDonald.

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HMCS *Star* delivers duff and a morale boost

By S1 Bill Jethro Bagunu
HMCS Star

Festive dinners in the Royal Canadian Navy are ripe with tradition and holiday cheer. On Saturday, December 5th HMCS *Star*'s Festive Dinner tradition continued, albeit a little differently. Due to the ongoing pandemic, only a limited number of sailors were able to attend this year's festivities. Canada is experiencing Covid-19 fatigue, but this didn't prevent sailors at *Star* from making the most of the circumstances.

HMCS *Star* is a Naval Reserve Division located in Hamilton, Ontario. Its members fill diverse occupations including firefighting, real estate, teaching and engineering. Additionally, *Star* is comprised of a large number of students in college and university. *Star* sailors also regularly contribute their time to the RCN and have been deployed on various operations around the world.

The festivities began with promotions, awards and presentations. Well-earned medals were awarded for service in various operations including CARIBBE, REASSURANCE and PROJECTION. Commissioning scrolls and certificates of recognition were provided and acknowledged by LCdr Marie-Sonya Sowa, HMCS *Star*'s Commanding Officer. At the festive dinner, the Officers, Chiefs & POs would normally serve the Junior Ranks a complete turkey dinner prepared by *Star*'s Galley. Covid-19 restrictions prevented the unit from gathering for these festivities, leading the Command Team to adapt the plan and find a new way to continue the tradition of serving its junior sailors while following health regulations. So, the concept of Duff Boxes was born, with the unique catch phrase of 'Duff No Duff' ('Duff' being naval slang for desserts, 'No Duff' meaning

it's not a drill, it's for real!). This included the Officers, Chiefs & POs delivering boxes of cookies and sweets with signed cards from the CO to the houses of junior sailors, staying true to the tradition of leadership serving its junior ranks during the festive season.

"I love it! For us the Festive Dinner is an opportunity for the sailors to be treated from the Officers, Chiefs and Petty Officers... to recognize their efforts and allow them to be seated while we do the serving", said LCdr Sowa. She ensured each vehicle was equipped with hand sanitizer and that social distancing practices and mask etiquette were followed throughout.

During Duff box deliveries, S2 Labbé was promoted to S1 by LCdr Sowa. The rank of Sailor First Class is a milestone in any sailors' career and having her promoted despite pandemic restrictions was something that *Star*'s Command Team viewed as the right thing to do. S1 Labbé, a musician at *Star*, expressed her gratitude. "I was so surprised that all I could do was laugh and smile as I wore my mask and watched them change my epaulettes; needless to say, it rendered me practically speechless". She added, "I felt appreciated, valued, and happy to kick off the season with a new rank on my shoulders!"

Additionally, the CO kept the tradition of switching ranks with the youngest sailor going and stopped by S3 Rupp's front yard to briefly swap jackets. Throughout the day's festivities, all members of *Star* were able to experience it live via Microsoft Teams from the safety and comfort of their homes. Surely, activities that boost morale and make this holiday season feel equally as festive as previous years is important for mental

health, and was something that LCdr Sowa focused on. Senior leadership were also encouraged to reach out to their sailors over the holidays to make sure everyone felt included in the *Star* family.

These are indeed strange times. A large part of why people enlist in the Navy is to travel the world; now either impossible or very limited due to Covid-19 restrictions. This has been tough on all sailors. Many expected to go on promotion courses this year or be deployed and see new parts of the world. These prospects have been put on hold and many have experienced stresses in their civilian lives as well.

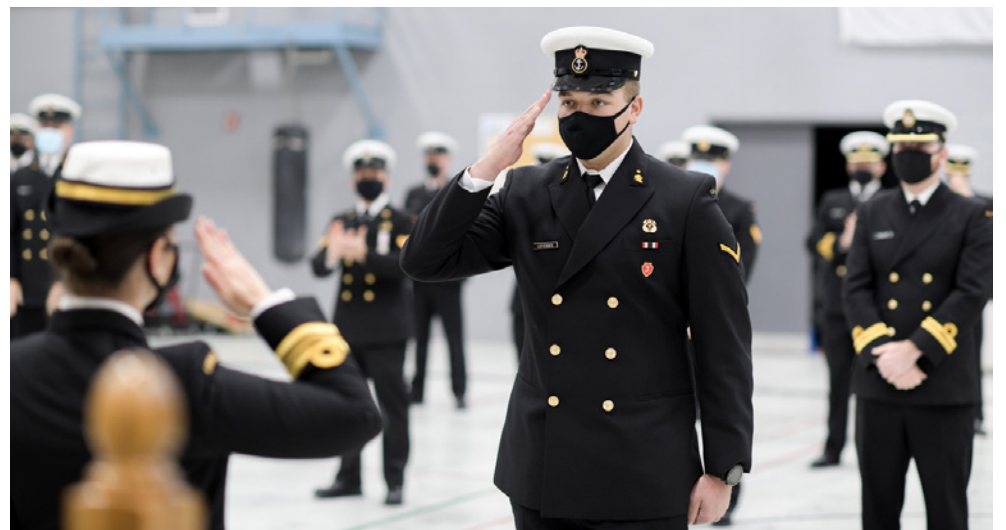
Despite these challenges, the sailors at HMCS *Star* have proven to be resilient. Many have recently been a part of Operation LASER, Canada's domestic response to Covid-19. Moving forward into 2021, the federal government announced Operation VECTOR, the mission involving military personnel for Covid-19 vaccine distribution. When asked about *Star*'s potential contribution to Op VECTOR, LCdr Sowa indicated that *Star* is currently canvassing its members' readiness and availability in order to best support the operation when it comes into effect in the New Year. No matter what the circumstances, *Star* sailors regularly step up to assist when called upon.

Star sailors are Naval Reservists and thus, also members of their communities. Its sailors remain committed to help support the military's domestic and international operations. But for now, they've earned a much-needed break – which perhaps tastes sweeter courtesy of the Duff Boxes.



The Officers, Chiefs and POs of HMCS *Star* delivered boxes of treats, along with a few promotions, to junior members of their unit over the holidays.

HMCS STAR



The Naval Reserve Division also held an in-person gathering for a limited number of members to receive promotions and awards from *Star*'s command team.

HMCS STAR



HMCS *Toronto* returns from Op REASSURANCE in time for the holidays

The family and friends of HMCS *Toronto* received an early gift on December 23 – the ship and ship's company arrived back in Halifax earlier than planned after a five-month deployment with NATO on Op REASSURANCE. Family and friends reunited with their loved ones at the HMC Dockyard parking lot before heading home for some well-deserved rest.



HMCS Toronto arrives in Halifax on December 23 after five months deployed overseas.

MONA GHIZ, MARLANT PA



Members of HMCS Toronto give a wave as the ship prepares to come alongside.

MONA GHIZ, MARLANT PA



The Honourable Arthur J. LeBlanc, Lieutenant Governor of Nova Scotia, left, and Her Honour Mrs. Patsy LeBlanc were at the jetty to welcome HMCS Toronto home.

MONA GHIZ, MARLANT PA



S1 Justin Steele won the ship's First Kiss Lottery to be the sailor off the ship to reunite with his family and kiss his newborn son for the first time.

MONA GHIZ, MARLANT PA



Cdr Jeff Dargavel, Commanding Officer of HMCS Toronto, speaks to colleagues and media after the ship arrived back in Halifax from a five-month Op REASSURANCE deployment on December 23.

MONA GHIZ, MARLANT PA



PO1 Baird reunites with his family after arriving home with HMCS Toronto.

MONA GHIZ, MARLANT PA



The Bedford Range turns 80

By Cdr Brian May

Associate Centre Director and

Detachment Commander, Military Support Unit Atlantic, DRDC

In the opening days of the Second World War, German aircraft began laying magnetic sea mines in the harbours of Great Britain to create a shipping blockade. The magnetic mine had been used previously in the First World War, but their now-easy deployment from aircraft created new operational challenges for the Allied Nations.

Ships' vulnerability to this undersea threat lie in the fact that when work is done to the metal structure of a ship in the ever-present earth's magnetic field, the ship itself becomes a magnet of significant size and strength. As the ship moves through the water, it temporarily changes the earth's magnetic field in its immediate vicinity and this change can be detected by the trigger mechanism of the mine, initiating an explosion. In theory, it is easy to protect a ship from these mines by neutralizing, or at least greatly reducing, its magnetism.

The process of reducing a ship's magnetism is called degaussing; it's accomplished by passing an electrical current through specifically placed coiled cables within the ship to create an electromagnet of opposite polarity to that of the ship. The challenge is, however, that each ship is a magnet of a different size, shape and polarity, and so its specific signature needs to be measured for the degaussing (DG) system to operate to maximum effect.

In the early days of the Second World War, the Royal Canadian Navy accepted the responsibility to degauss ships sailing from Canada to Europe. Canadian scientists had worked closely with those of the Entente Powers during the First World War to combat submarines and mines, but in September of 1939, Defence Science still had no formal place within the activities of the Canadian Government. In February of 1940, the Naval Staff approached two professors at Dalhousie University, Dr. G.H. Henderson (1892-1949) and Dr. J.H.L. Johnstone (1891-1973), to develop degaussing techniques. What information that was available at the time, arrived in "MOST SECRET" messages from the Admiralty, providing the estimated sensitivity of the enemy's mines. Early experimental work was conducted by the staff of the

Defensively Equipped Merchant Ship Section of HMC Dockyard in Halifax, and the Nova Scotia Light and Power Company installed the DG coils and necessary electrical generating equipment in the ships.

Initially, a magnetometer that had been designed and built in the Dalhousie laboratories was fitted inside a heavy, non-magnetic bronze box that was fitted with handling ropes. The sensor was moved, by hand, along the underside of the ship to measure the magnetic signature. This difficult and labour-intensive procedure earned the nickname of keelhauling. The Admiralty considered an open range to be essential for testing degaussed ships, and approval was given in June, 1940 to begin construction on one. A site was selected, in Bedford Basin, which had a level bottom at the required depths. A pier and building were constructed on an uninhabited portion of the eastern shore of the Basin to facilitate the attending motorboat and shore-based equipment. The facility was put into operation in October of 1940 and the first ship over this original range, the first in North America, was HMCS *Arras* on November 13, 1940.

The demonstrated utility of the Bedford Range led to the construction of other ranges in Sydney, Vancouver and Quebec City. Writing in 1944, Dr. Henderson recalled that, "The science of degaussing grew up quickly by joint efforts all over the world. Within some two years, it had reached the point where it was not worth putting in any more refinements. The menace of the mine had been reduced practically to a nuisance and the cost of degaussing became the prime factor." The core scientific staff that had been gathered together in the opening years of the Second World War formed the nucleus of the newly established HMC Naval Research Establishment. This unit exists today as the Atlantic Research Centre of Defence Research and Development Canada. By 1944, the operation of the ranges was considered to be largely routine business and was turned over to non-scientific staff; it continues to be operated today by the skilled staff at Fleet Maintenance Facility Cape Scott.



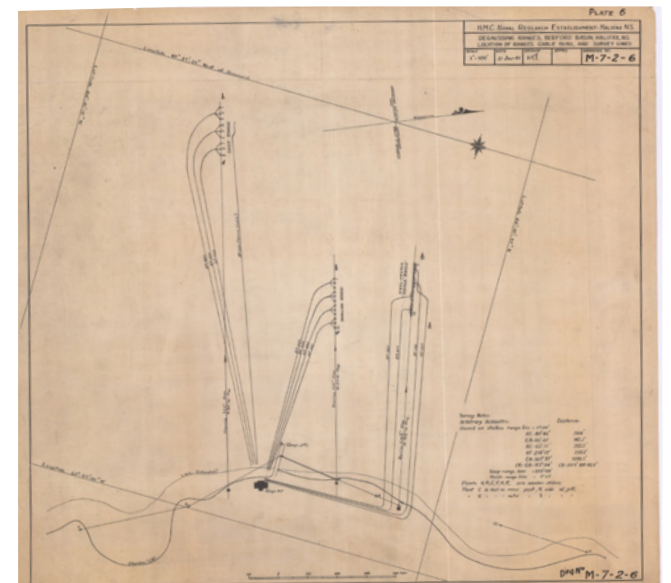
Dr. G.H. Henderson, seen here, worked to develop degaussing techniques early in the Second World War, along with his colleague Dr. J.H.L. Johnstone.

COURTESY OF DALHOUSIE UNIVERSITY



Dr. J.H.L. Johnstone.

COURTESY OF DALHOUSIE UNIVERSITY



A chart of the Bedford Range dated July 21, 1945.

DRDC(A)

HMCS *Winnipeg* marks anniversary of Pearl Harbour attack



Sailors aboard HMCS *Winnipeg* crew the side in their tropical whites upon entering Pearl Harbour, Hawaii on December 7, 2020. The ship commemorated National Pearl Harbour Remembrance Day and the 79th anniversary of the infamous attack on the naval base, which took place on December 7, 1941.

SI VALERIE LECLAIR, CAF PHOTO

Hard at work aboard HMCS *Harry DeWolf*



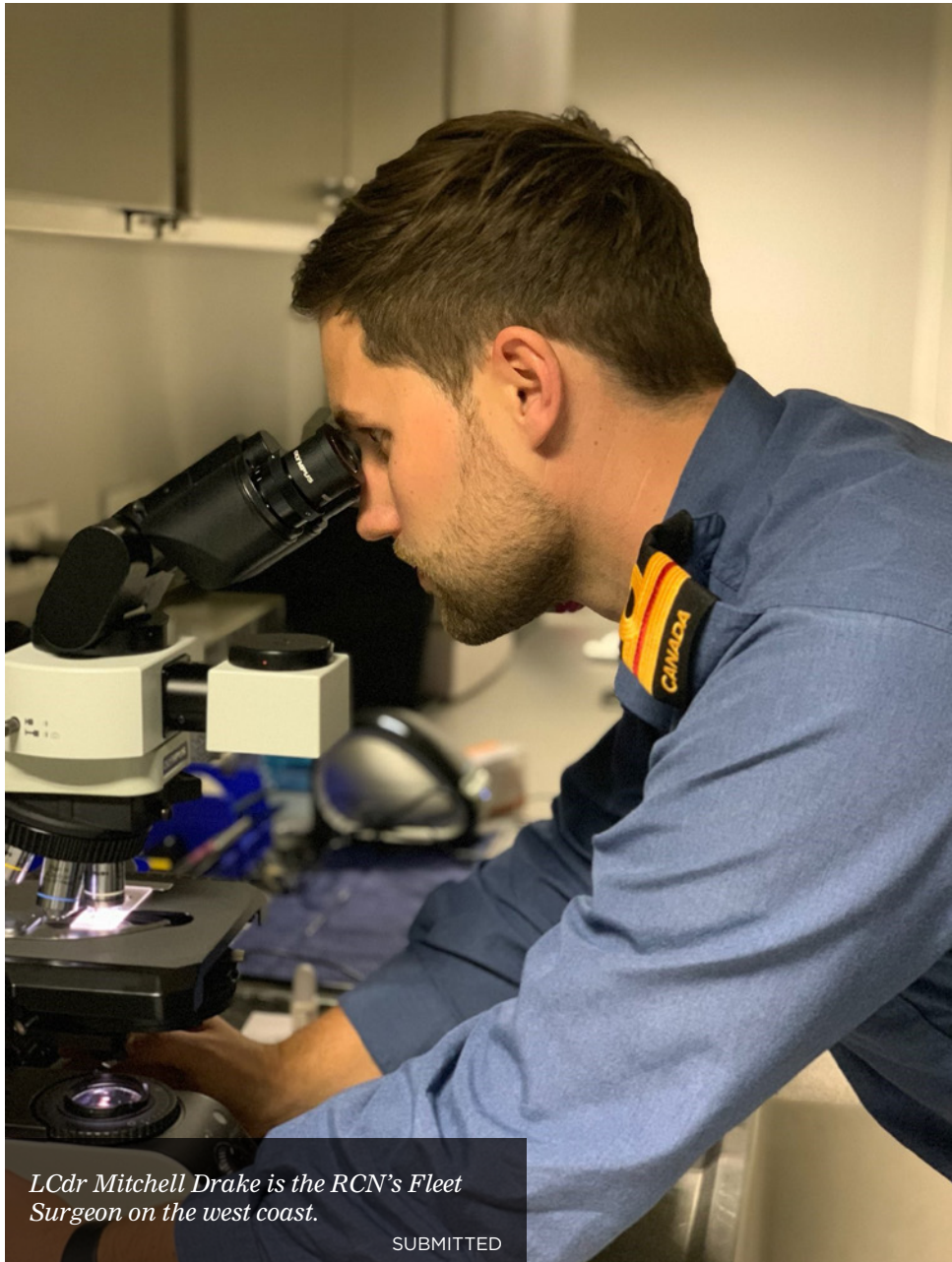
S1 Ryan Smith, a Marine Technician with HMCS *Harry DeWolf*, works inside the ship during proficiency sails that took place prior to the holidays. The ship is expected to being cold weather and ice trials early in 2021.

CPL DAVID VELDMAN,
CAF PHOTO



People First, Mission Always: Force preservation and generation in a pandemic

By SLt K.B. McHale-Hall
MARPAO PAO



LCdr Mitchell Drake is the RCN's Fleet Surgeon on the west coast.

SUBMITTED

"People first, mission always."

Amidst a global pandemic, this core philosophy of the Canadian Armed Forces is as important now as it has ever been. The objective to preserve Force health while continuing Force generation lies at the forefront of the minds, and ultimately in the hands, of military leadership and medical professionals.

The month of December will see several warships and hundreds of sailors at sea off the coast of British Columbia participating in Exercise Trident Fury, all while the province has experienced a resurgence in COVID-19 cases and issued restrictions to certain activities. The capability to exercise the fleet under these conditions can be accredited to the efforts of many, including Fleet Surgeon LCdr Mitchell Drake.

LCdr Drake shares the same position former Medical Officer now Provincial Health Officer, Dr. Bonnie Henry once held during her time in the Forces. In light of the current pandemic, he now finds himself liaising with her and her staff regularly. Both east coasters with hometowns in PEI, and having attended Dalhousie University in Halifax, N.S., for medical school, LCdr Drake jokingly remarks of the commonalities. "I don't have any shoes named after me yet, but there's still time."

His career began in the Naval Reserves serving as a Logistics Officer while studying to become a physician. Since completing his residency in Calgary, AB, he has served in a variety of roles, from deployments with the Canadian Army in Europe and the Royal Canadian Navy at sea in *Asterix*, to more

clinical settings as Base Surgeon and now Fleet Surgeon.

In March, about a week before the Base introduced COVID-19 protocols, he started his current position; his responsibilities are extensive.

"My main role is advising Command Staff in the Fleet, lately on the topic of COVID-19, as well as being the senior medical authority on this coast for all of the operational clinicians."

To meet the unique challenges facing military operations, they are using tools specifically developed for the Canadian Armed Forces and now more recently for the navy.

"We've leveraged our scientists at Defence Research Development Canada, who have developed excellent modeling tools and maps. We use these and other risk calculators they've developed to determine the likelihood of bringing a case of COVID-19 on board a ship or into a unit, based on the prevalence of infection in the relevant community, the length and type of quarantine, combined with testing strategies. I do a lot of those calculations in order to advise on risk. While the virus is circulating in our community, we're not going to get to a place where the risk is zero when embarking a ship or cohorting a large group, but we need to mitigate the risk to a reasonable level given the task they're going out to do."

He remains up-to-date on the latest evidence to determine transmission risks, to develop protocols for ships at sea should they have suspicious cases of respiratory illness present to the deployed medical team, or to determine how to overcome an outbreak scenario. But his primary goal is preventing such scenarios through risk mitigation strategies, including pre-embarkation protocols and testing.

Units are following one of three pre-embarkation quarantine protocols prior to sailing: CAF and BC Public Health guidance with travel and group restrictions added; a modified quarantine; or a full quarantine.

Modified quarantines and full quarantines typically last seven to 14 days, occur in a member's home or military provided accommodations, and come with specific restrictions. Modified quarantines allow specific essential activities to be conducted, and the potential for members to spend the quarantine period in their homes should set household requirements be met.

The strict protocol of a full quarantine eliminates all interactions with

others.

LCdr Drake emphasizes the importance that members follow their assigned quarantine protocol.

"We're putting a lot of trust in the sailors. Where we can, we want to allow for a quarantine that still gives members the opportunity to spend time at home and with their families, if possible, prior to sailing. With the increase in prevalence on Vancouver Island lately we are forced to consider full quarantine as the primary protocol. We're going through the tabletop exercises now to determine what triggers specifically indicate the requirement for full quarantine. We're recalculating risk on a daily basis. The Commodore and I are very hopeful British Columbians will continue to heed the advice of Dr. Henry and that we'll see a significant reduction in our prevalence on the Island such that we can limit the length of quarantine and its impact on our sailors and their families."

Prior to Exercise Trident Fury, with less than two weeks separating their departures, members of HMCS *Calgary* and HMCS *Regina* conducted seven and 10 day quarantine periods respectively, and were required to pass two rounds of COVID-19 testing prior to embarkation, to combat the increasing risk.

Members have also completed self-assessments and been screened for personal risk factors prior to embarkation. Once on board ship, masks are worn for a minimum of four days, relaxing the use of non-medical masks after four days, at the Commanding Officer's discretion. Once a ship is underway, the minimum requirements for a member to join a ship is seven days full quarantine and a negative COVID-19 test.

In total, amidst the surge in prevalence in the province, an estimated 1,400 tests will be conducted in the two weeks leading up to the exercise.

"We don't have intrinsic testing capabilities here in Esquimalt in our clinic yet. All of the testing that's happened ashore has relied on Island Health and their lab staff at Victoria General Hospital. Despite the pre-existing workloads they face, they've been eager, exceptionally helpful and flexible in supporting us," says LCdr Drake. "It's been an interesting time. Scientists, clinicians and Commanders have had to collaborate closely in ways I've previously never seen in my career."



From *d'Iberville* to *Summerside*: Meet Lt(N) William Belanger-Croteau

By Lt Sheila Tham,
Public Affairs Officer



Lieutenant William Belanger-Croteau at work on board HMCS Summerside while on deployment on Operation CARIBBE

CAF PHOTO

Lieutenant (Navy) William Belanger-Croteau is a Naval Warfare Officer who filled the Deck Officer position with HMCS *Summerside* during the ship's recent Op CARIBBE deployment.

When approached to discuss his role in the Royal Canadian Navy, he said, "I'm 26 years old and the Navy has trained me to drive a ship around the world and represent Canada; I think that's pretty cool."

A native of Rimouski, Que., he originally joined the Reserve Force with that community's Naval Reserve Division, HMCS *d'Iberville*, and spent seven years there before joining HMCS *Summerside*, which is based in Halifax.

It's actually his second CARIBBE, having deployed last year with HMCS *Goose Bay* and the year prior he went on Operation TRIDENT JUNCTURE across Europe. He's enjoying his role as the Deck Officer on *Summerside*.

"You get to do more work with your hands. I like being in charge of all the weapons, boats, a group of boatswains and I like working with my team outside," he said.

"As a kid you read all kinds of books about pirates and island hideaways, I think it's really interesting to be able to visit those islands and see what they are really like."

HMCS *Summerside* made a stop in Curaçao in November for Op CARIBBE, but unlike past sails, the crew wasn't permitted to leave the ship due to COVID-19 precautions. He was okay with that, though – he's had lots of opportunities to travel with the Navy. His past port visits include Azores, the United Kingdom, Norway, Sweden, Denmark, Germany, Latvia Portugal,

the Dominican Republic, Antigua, the Grenadines, the British Virgin Islands, and Miami.

"My favourite port visit was Bergen, Norway. There's a small town in the fjords and it was beautiful, the scenery was jaw-dropping," he says.

Although he loves travelling, that's not his favourite part of being in the Navy.

"My proudest achievement was driving in consort with Standing NATO Mine Countermeasure Group 1 across the Baltic Sea. I was still a sub-lieutenant at the time and I was responsible for the safety and navigation of my ship within the NATO group. There were six ships and we were the only Canadians present," he explained.

"I joined the Navy because I wanted to develop myself on a personal and professional level," he says. "I needed a job and realized that the Navy allowed me to grow in so many different ways, working with all kinds of different people."

He's not the first in his family to serve in the military, but he is first in his family to become an officer. When asked whether he would encourage someone to join, he answered succinctly – "Do it! ... You are given the opportunity to work with so many great people and see so many different places, and you get paid to do it."

As for what's next, he plans on heading back to Quebec.

"I like sailing, but I'd like to be closer to my family. The Reserves allows me the flexibility to choose a contract in the location I want to be in." He mentioned that he sees himself back on the East Coast in a few years for a very simple reason – "I will miss sailing."

HMCS Moncton Change of Command



From left to right: Incoming HMCS Moncton Commanding Officer LCdr Travis Bain, Commander Canadian Fleet Atlantic Commodore Richard Feltham, and outgoing HMCS Moncton CO LCdr Greg Zuliani about to sign certificates for the change of command of HMCS Moncton held at the "Trap 4" Officers' Mess, building D165 on December 15.

CPL SIMON ARCAND, FIS

Setting SMART Goals for the new year

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

The beginning of a new year is a popular time to set a New Year's Resolution, with hopes for improvement in the coming year. Unfortunately, the majority of New Year's Resolutions are not achieved. Life gets in the way, and it can become difficult to follow through with your goal.

The good news is that there are things you can do to increase your chance of successfully achieving your resolution – such as setting a SMART goal. SMART goals are designed to help guide your goal-setting, providing a sense of direction, motivation, and a clear focus. SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic, and Timely. When setting a SMART goal, you will incorporate all of these criteria to help focus your goal, and increase your chance of success.

To get started in setting your SMART goal, review and reflect on the following questions:

SPECIFIC

- What exactly do I want to accomplish?

MEASURABLE

- How will I measure my progress?
- How will I know when the goal is accomplished?

ACHIEVABLE

How can the goal be achieved?

REALISTIC

- Is this a worthwhile goal?
- Is this the right time for this goal?
- Do I have the necessary resources?

TIMELY

- How long will it take to accomplish?
- When/how often am I going to work on this goal?
- When will I accomplish this goal?

Once you've answered the above questions, develop your goal by ensuring that all aspects are included. For example, a SMART goal could be: "This year, I will increase my intake of vegetables by filling half my dinner plate with vegetables four days a week."

Too often, New Year's Resolutions are vague and unrealistic, with no sense of direction or focus. By setting a SMART goal and using the above questions as a framework, you will feel more in control of your goal, and increase your chance of success. Happy New Year!



CFB Halifax Sports Recognition Awards

By PSP Halifax

Though limits on social gatherings meant PSP Halifax was unable to hold the 18th Annual CFB Halifax Sports Recognition Awards in 2018, that doesn't mean the winners are any less deserving of being acknowledged for their hard work and contribution to military sport.

The unveiling of the 2020 award winners began on social media in December, and will continue, with the remainder of the winners set to be announced in the coming weeks. Stay tuned to [Facebook.com/PSPHalifax](https://www.facebook.com/PSPHalifax) for the latest. Formal, in-person presentations of these awards and trophies will take place at a later date once in compliance with any public health regulations. Winners that have been named thus far include:



Steven Stuart - MARLANT, RCN and CAF Official of the Year

There is no off season for Steven Stuart. His duties as CAF Chief Official for Volleyball and Level 4 Officiating designation keep him in high demand. In 2019 he officiated no fewer than 15 volleyball championships and several Leagues at every level including club, high school, College, University, Provincial, and National. On the military side, he officiated both the CAF Atlantic Regional Championship, CAF National Championship and several matches at the CISM Military World Games in Wuhan, China.

Steven has always supported local PSP programming and assisted with various clinics or events whenever needed. We are very fortunate to have such an accomplished and qualified official here in Halifax.



Barry Noseworthy - MARLANT and RCN Male Athlete of the Year

Despite the high operational tempo of the Fleet Dive Unit (Atlantic), Barry Noseworthy has remained extremely active in the CAF sports community. He was a member of both the Shearwater OT Hockey and Slo-pitch teams in 2019, where he won a gold medal at the CAF Atlantic Regional OT Hockey Championship and was named Team MVP at the CAF National OT Hockey Championship.

Locally, he competed in intersection and intramural competitions where he helped lead his teams to victory. He also volunteered his time to assist PSP with Community Recreation programs, participated in the PO2 Craig Blake Memorial Fitness Challenge, and coached his son's baseball and hockey teams in whatever spare time he had left.



Olivia Clarke - MARLANT and RCN Female Athlete of the Year

Olivia Clarke got an opportunity to participate on the highest stage for military sports in 2019. It started in May at the USA Volleyball Championship in Columbus, Ohio where the CISM Women's Volleyball Team tested themselves against a field of 20 teams. A strong showing earned them a berth into the CISM Military World Games in Wuhan, China. Olivia was named co-captain of the Canadian team for the event. Her leadership on and off the court helped motivate the women to a sixth place finish; the highest the team has ever finished at a Military World Games. In her spare time Olivia also volunteers as Coach of the Ambrae Junior High Women's Volleyball Team.

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Kevin Whittle - MARLANT and RCN Coach of the Year

Kevin Whittle coached the Formation Halifax Women's Slo-pitch Team to a number of convincing wins at the 2019 CAF Atlantic Regional Slo-pitch Championship. The women racked up double digit victories in 4 out of 5 games, ending with a pair of 16-run wins over CFB Gagetown to earn the gold medal. Team members greatly appreciated his level of experience as coach, and his ability to create and modify drills to improve the skills of all players. Unfortunately, the CAF National Women's Slo-pitch Cham-

pionship was cancelled, so he did not get a shot at bringing home the National gold medal as well.



Shearwater Men's Golf - 12 Wing Team of the Year

After three rounds of excellent golf at the 2019 CAF Atlantic Regional Golf Championship, the 12 Wing Shearwater Men's Golf Team were named Team Champions. The lowest five daily scores were used to determine the winning team. Shearwater finished with a score of 1273, beating 2nd place Halifax by 26 strokes. Team members included Team Captain S. Bielecki (240), B. MacIntosh (242), S. Cooney (260), Z. Coleman (266), S. Maillet (265), and J. McNally (281). Unfortunately, the CAF National Golf Championship was cancelled so they did not get a

shot at bringing home the National gold medal as well.



Formation Halifax Women's Slo-pitch - MARLANT and RCN Team of the Year

The Formation Halifax Women's Slo-pitch Team were a force to be reckoned with at the 2019 CAF Atlantic Regional Slo-pitch Championship. After two early double digit victories the team suffered a surprising loss to 14W Greenwood. The women reasserted their dominance by beating CFB Gagetown twice to win the championship and finish with an average margin of victory of 16 runs. Katherine Brajak was named tournament MVP. Unfortunately, the CAF National Women's Slo-pitch Championship was cancelled so they did not get a shot at bringing home the National gold medal as well.

Team members included K. Brajak, S. Drew, S. Eccleston, C. Fahie, R. Gagne-Leberge, L. Gladu, K. Godfrey, C. Hawkins, N. Hinkley, V. Lee, S. Lillington, E. Rowe, A. Vassallo, and K. Watson. The team was coached by Kevin Whittle.



Gabriel Auclair - 12 Wing and RCAF Male Athlete of the Year

Gabriel Auclair is often referred to as the "Gentle Giant" by members of 406 (M) OTS in Shearwater. As an athlete in the 109+ kg Masters Olympic weightlifting category, he posted impressive results in 2019. None more so than his dramatic win at the 2019 World Masters Olympic Weightlifting Championship. Team Canada was sitting second in the team standings behind the USA with Gabriel last to lift. He lifted a total of 138 kg for the snatch and 177 kg in the clean and jerk, for a total of 315 kg.

Not only did he finish first in his weight class and help Team Canada earn the gold medal, he also set three Canadian Masters records in the process.



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CISM Women's Soccer team where she earned a roster spot.

Katherine MacAskill - 12 Wing Female Athlete of the Year

Duties within 12 OSS in Shearwater and a busy home life (currently on mat leave with her third child) left little free time for Katherine MacAskill in 2019. Despite this fact, she remained extremely active in soccer competition. She co-captained the Formation Halifax Women's Soccer Team to a CAF Atlantic Regional Championship; won both summer outdoor and winter indoor championships with the Halifax City Whitecaps in the Metro Senior Women's Soccer League; and attended a training camp for the

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 [Face-book.com/cadets3036](https://facebook.com/cadets3036)

New Training Coordinator for CAFATP

By Canadian Armed Forces Sports



Capt Boriana Stefanov is the new Training Coordinator for the CAF Athletic Trainer Program.

SUBMITTED

A locally posted physiotherapist is the newest member of the Canadian Armed Forces Athletic Trainer Program (CAFATP). Captain Boriana (Bonnie) Stefanov is a Physiotherapy Officer currently posted to CF H Svcs C(A), and in a previous life, she was a NCM in the Canadian Scottish Regiment (Princess Mary's) for over a decade before training to be a physiotherapist and transferring to the Regular Force.

Capt Stefanov became involved with CAFATP in 2015, and was the trainer for the CISM Men's Volleyball Team for two years prior to her deployment on OP REASSURANCE in 2019. She assumed the CAFATP Training Coordinator position in early 2020, and is currently responsible for CAFATP course development and delivery, and the maintenance of training standards within the Program.

Congratulations to Capt Stefanov!

Volume over intensity

By Deva Carr

Fitness and Sports Instructor, CFB Halifax



In sport there is a pervasive idea that in order to succeed you must leave everything on the field every time, that the champions win not because of technical skill, but because of all the sweat and blood they poured out. Giving 110 percent effort, though mathematically impossible, is expected from you – if you expect to improve. This mentality inevitably leads to injuries, lost training time and the mental anguish that results from being on the bench for the big game.

During the two weeks leading up

to competition, intensity is critical to prepare for the unknown and the unknowable. But during this short window in a training year, it is just as necessary to rest and recover, shorten practices and take days off. These high intensity sessions are the ones that might have reporters and cameras present, further perpetuating the ideal. However, for the other 350 days of the year, practice makes perfect.

Losing a training day because you are too sore from your last practice should be seen as a training failure. In order to improve consistently you will be better off delivering a playful practice effort. This still means working hard, and as you are able to train more efficiently, you can endure longer sessions. Not because you are stronger, but because you use less of your mental capacity when your skills are ingrained. You won't tire out on game day if you don't tire out in practice. Remember – the best athlete is the athlete that trains the most, not the hardest.



Spreading holiday cheer

On December 15, the Formation Chaplain team and local Defence Team members came together at the Base chapel to assemble care packages for members spending the holiday leave period alone. A joint effort between the Chaplains and senior Chiefs, this project was part of a larger effort to boost morale of single members over the block leave, as many are not able to travel to other provinces due to ongoing public health restrictions. Over 100 packages were assembled and delivered to members in the week leading up to Christmas. Many thanks to the Chaplains and Chiefs for always considering the welfare of our members; to Missy Sonier at PSP Halifax for collecting items for the packages; and to all members who assisted with this wonderful project.

CFB HALIFAX PUBLIC AFFAIRS



Findings of COVID-19 Defence Team Survey now available

By DND

The Department of National Defence (DND) and the Canadian Armed Forces (CAF) would like to thank the 27,000 Defence Team members who participated in the COVID-19 Defence Team Survey.

Your feedback and, especially, your candid comments have already begun to help inform organizational approaches to supporting personnel and their families as we navigate the COVID-19 crisis and as the organization prepares for the future.

The survey was designed to understand the experiences and requirements of Defence Team members stemming from the COVID-19 pandemic. The results highlight some of the challenges Defence Team members have faced, many of which are due to the substantial changes to work arrangements, concern about family members, and the added pressures of having to navigate daycare and school closures.

Despite these challenges, respondents expressed favourable views regarding the support they have received from their immediate supervisors and from DND/CAF.

We will continue to monitor the needs of all personnel and provide the support required.

Since the start of the pandemic, DND/CAF have put into place programs and resources for members of the Defence Team in order to support their physical health and mental wellbeing. In addition to the already existing resources and support offered through the Canadian Forces Member Assistance Program and the Employee Assistance Program, we have taken further action. We have initiated several COVID-specific programs and created some helpful resources.

Rest assured we will continue to support our members as this situation evolves. Your responses to the survey are helping inform organizational decisions that will be critical to our continued operations, and our successful reintegration.

Results from the survey are now available to Defence Team members at <https://www.canada.ca/en/department-national-defence/campaigns/covid-19.html>.

Faces of Base: Teresa Murphy

By CFB Halifax Public Affairs



Base Administration's own Teresa Murphy grew up in the Valley and went on to attend the NSCC in Middleton, Nova Scotia, receiving two diplomas and a subsequent Bachelor of Arts degree in 2000. While attending university, Teresa began working a temporary job at DND, moving onto a casual position with Construction Engineering (now Real Property Operations) then into the CFB Halifax BADm office as the Juno Tower Conference Coordinator from 2009-2018. In Teresa's current role, she is responsible for the Delegation of Authority Coordination and Payment Card Reconciliation for BADm. She finds working with DND members and staff to be

incredibly rewarding, and has made some amazing friends along the way!

Teresa enjoys sewing, crocheting, baking and making homemade chocolates in her free time. Since the start of the COVID-19 pandemic, she has used this creative prowess to support her colleagues and friends, making non-medical masks and hanging them on a tree by her office. The masks are free for anyone you would like to take one (or more!); she has even been making masks for children of BADm employees with various popular characters on them. Teresa keeps the tree very well stocked and always has a bright cheery smile when telling folks to help themselves. All of this has been done for her own enjoyment, at her own expense, and to help support others at this challenging time. Bravo Zulu, Teresa. Thank you for all that you do!

NEW YEAR, NEW FACES

CFB Halifax is always looking for new Defence Team members to showcase and celebrate on social media via our Face of Base series. And we're all about giving out those Bravo Zulus to our inspiring community! If you would like to nominate a CAF or DND colleague, employee or friend to give them a well-deserved shout-out this year, be sure to email the Base Public Affairs team at cfbhalifaxpublicaffairs@gmail.com or CFBHali-faxPublicAffairs@forces.gc.ca with your submission. We look forward to highlighting our 2021 Faces of Base!



Base Commander's Commendation

CFB Halifax is proud to report that Rene Gannon, our interim Base Employment Equity Officer, was awarded a Base Commander's Commendation on December 18, 2020. Commended for her professionalism, initiative and enthusiasm – which were the catalyst for the implementation of numerous employment equity initiatives – Rene is recognized nationally as a subject matter expert in the field of employment equity. Her contributions to various professional development sessions and town halls were insightful, informative and impactful, leaving a lasting impression on all those in attendance. Rene's passion for addressing employment equity issues is rooted in her deep concern for the welfare of others. Her commitment to the Public Service and the Navy are truly remarkable. Although Rene is returning to FMF Cape Scott in the New Year, we will always consider her part of our Base family, and look forward to her continued contributions as civilian Co-Chair of the Defence Visible Minority Advisory Group. Congratulations!

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