



TRIDENT

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Sundae Sundays aboard HMCS *Halifax*

CPO1 Matthew Boniface, Coxn of HMCS Halifax, serves up an ice cream sundae to a member of the ship's company while at sea during Operation REASSURANCE. The ship's command team plans to serve sundaes to their crew each Sunday evening throughout their six-month NATO deployment to western and northern Europe. See page 5 inside for more updates on HMCS Halifax.

HMCS HALIFAX





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VAdm Craig Baines becomes 37th Commander of the RCN

By RCN PA



Vice-Admiral (VAdm) Craig Baines (right) assumed the duties of Commander of the Royal Canadian Navy (RCN) from VAdm Art McDonald (left) on January 12, 2021 in a virtual change of command ceremony that respected COVID protocols and which was presided over by General Jonathan Vance, Chief of the Defence Staff, at National Defence Headquarters in Ottawa.

RCN PA

Vice-Admiral (VAdm) Craig Baines assumed the duties of Commander of the Royal Canadian Navy (RCN) from VAdm Art McDonald on January 12, 2021 in a virtual change of command ceremony presided over by General Jonathan Vance, Chief of the Defence Staff, at National Defence Headquarters in Ottawa.

"As I assume Command from Vice-Admiral McDonald, I would like to recognize the significant leadership that my shipmate has provided to the RCN throughout his command," said VAdm Baines. "It goes without saying what an honour and privilege it is to become the 37th Commander of the Royal Canadian Navy. Without question, the biggest part of this honour is continuing to serve with a group of outstanding Canadians who wear a uniform on behalf of their country, often serving in a complex environment far from home."

VAdm Baines has served in a variety of command and staff roles throughout

his career, most recently as Deputy Vice Chief of the Defence Staff.

"We will continue to prioritize support to our sailors, Defence Team members and their families while managing ongoing cultural change, domestic and international operations, fleet recapitalization, training and readiness, all while innovating throughout our organization to make us the most inclusive, respect-driven Navy we can be," he said. "We remain committed to be Ready to Help, Ready to Lead, and Ready to Fight for Canadians."

The outgoing Commander of the Royal Canadian Navy, VAdm McDonald, will be promoted to the rank of Admiral and will succeed General Vance as the 20th Chief of the Defence Staff.

"It has been an honour and privilege to lead as the Commander of the Royal Canadian Navy for the past 18 months," said VAdm McDonald. "As One Navy Team, we have successfully accomplished our mission objectives and have followed through the pro-

gression of key projects and initiatives while continually remaining focussed on the priority that we in the RCN, on this watch, have placed on culture change."

"The RCN is equally known for who we are and how we conduct ourselves, as much as for the amazing things we do," he said. "I am confident that the RCN will continue to sail smoothly under the watch of Vice-Admiral Baines."

VAdm Baines, whose 33-year career in the RCN has been a combination of sea-going appointments and staff officer positions, now commands a navy that is situated on both the Atlantic and Pacific coasts, is composed of 28 warships, submarines and coastal defence vessels, plus many more auxiliary and support vessels, and which consists of approximately 8,300 Regular Force and 3,600 Reserve sailors, supported by some 3,800 civilian employees.

The Atlantic Fleet's most merry

Eleven ships participated in HMC Dockyard's 2020 Festive Lighting Competition, adding some much needed joy to the holiday season. The winner, with the most impressive lights display, was HMCS Montreal. Cmdre Richard Feltham, Commander CANFLTANT, said the ship displayed energy and ingenuity, while demonstrating that challenges can be overcome with outstanding results. The participants included HMC ships Summerside, Glace Bay, Goose Bay, Shawinigan, Moncton, Montreal, Fredericton, Halifax, Ville de Quebec, and Harry DeWolf, along with MV Asterix.

MONA GHIZ, MARLANT PA





Le Vam Craig Baines devient le 37^e commandant de la MRC

Par Affaires publiques de la Marine royale canadienne



Le vice-amiral Baines (à gauche), le général Vance (au centre) et le vice-amiral McDonald (à droite) lors de la cérémonie de passation de commandement du commandant de la Marine royale canadienne, le 12 janvier 2021.

RCN PA

Le vice-amiral (vam) Craig Baines a succédé au Vam Art McDonald et a pris les fonctions de commandant de la Marine royale canadienne (MRC) le 12 janvier 2021 lors d'une cérémonie de passation de commandement virtuelle présidée par le général Jonathan Vance, chef d'état-major de la défense, au Quartier général de la Défense na-

tionale à Ottawa.

« Au moment où je prends la relève du vice-amiral McDonald à la tête du commandement, je tiens à souligner le rôle moteur que mon camarade de bord a joué au sein de la MRC tout au long de son commandement. Il va sans dire que je suis touché et honoré de devenir le 37^e commandant de la Marine royale

canadienne. Je suis surtout honoré de continuer à servir avec les Canadiens et les Canadiennes exceptionnels qui portent l'uniforme au nom de leur pays et avec les fonctionnaires qui les soutiennent, souvent en travaillant dans des milieux dangereux loin de chez eux », a déclaré le Vam Baines.

Le Vam Baines a occupé divers postes de commandement et d'état-major tout au long de sa carrière, le dernier en date étant celui de vice-chef d'état-major adjoint de la défense.

« Nous continuerons à donner la priorité au soutien de nos marins, des membres de l'Équipe de la Défense et de leur famille tout en gérant le changement de culture en cours, les opérations nationales et internationales, le renouvellement de la flotte, l'instruction et la disponibilité opérationnelle, et tout en innovant à l'échelle de notre organisation pour en faire la Marine la plus inclusive et la plus respectueuse possible. Nous demeurons déterminés à être prêts à aider, prêts à diriger et prêts à combattre pour les Canadiens et les Canadiennes », a-t-il ajouté.

Le commandant sortant de la Marine royale canadienne, le Vam McDonald, sera promu au rang d'amiral et succédera au général Vance en tant que 20^e chef d'état-major de la défense.

« Ce fut un honneur et un privilège de diriger la Marine royale canadienne au cours des 18 derniers mois. En tant que 'Marine unie', nous avons réussi à atteindre les objectifs de notre mission et avons fait progresser des projets et des initiatives clés en continuant à mettre l'accent sur la priorité que nous, au sein de la MRC, avons accordée au changement de culture durant mon mandat », a affirmé le Vam McDonald.

« La MRC est également reconnue pour ce qu'elle est et pour la façon dont elle se comporte, tout autant que pour le travail extraordinaire qu'elle accomplit. Je suis persuadé que la MRC continuera à naviguer en douceur sous le commandement du vice-amiral Baines », a-t-il précisé.

Le Vam Baines qui, au cours de ses 33 ans de carrière au sein de la MRC, a cumulé des affectations en mer et des postes d'officier d'état-major, commande une marine basée sur les côtes de l'Atlantique et du Pacifique, qui compte 28 navires de guerre, sous-marins et navires de défense côtière, ainsi que de nombreux autres navires auxiliaires et de soutien, et qui est dotée de près de 8 300 marins de la Force régulière et 3 600 de la Réserve, appuyés par quelque 3 800 employés civils.

HMCS *Moncton* ready for Op CARIBBE

By Trident Staff

The crew of HMCS *Moncton* have been hard at work preparing for a deployment on Operation CARIBBE, the Canadian mission supporting American allies in their efforts to combat illicit trafficking in international waters.

The ship is set to depart later this month, and recently welcomed staff from Sea Training (Atlan-

tic) on board for Multi-ship Readiness Training to evaluate *Moncton's* readiness level before proceeding to sea.

The RCN's most recent contribution to Op CARIBBE saw HMCS *Summerside* deploy to the Caribbean Sea and Eastern Pacific Ocean from October 26 to December 8, 2020.



Sea Training Atlantic personnel boarded HMCS *Moncton* on January 17 to begin Multi-ship Readiness Training prior to departure for Op CARIBBE.

CPL BRADEN TRUDEAU, FORMATION IMAGING SERVICES



Crews work with *Moncton's* small boats with Sea Training (Atlantic) staff on board.

CPL BRADEN TRUDEAU, FORMATION IMAGING SERVICES



HMCS *Moncton* conducts a foc's'le transfer with a CH-148 Cyclone Helicopter in the Bedford Basin on January 18.

CPL BRADEN TRUDEAU, FORMATION IMAGING SERVICES



Adm McDonald delivers his first address as Canada's new CDS.
CPL RACHAEL ALLEN, CAF VISUAL COMMUNICATIONS SUPPORT

Admiral Art McDonald appointed Canada's new Chief of the Defence Staff

By RCN PA

For the first time in more than two decades, one of the Royal Canadian Navy's own is Canada's Chief of the Defence Staff (CDS).

Admiral (Adm) Art McDonald assumed the role of CDS from General (Gen) Jonathan Vance, who has retired, in a COVID-19-friendly virtual ceremony on January 14, 2021 in Ottawa. A Bluenoser born in New Waterford, Cape Breton, Nova Scotia, Adm McDonald is Canada's 20th CDS.

Her Excellency the Right Honourable Julie Payette, Governor General and Commander-in-Chief of Canada, presided over the ceremony virtually. The Right Honourable Justin Trudeau, Prime Minister of Canada, the Honourable Harjit Sajjan, Minister of National Defence, and the Honourable Lawrence MacAulay, Minister of Veterans Affairs and Associate Minister of National Defence, also attended virtually.

"It is the greatest privilege of my career to address you as your Chief of the Defence Staff," Adm McDonald said in his message released National Defence-wide following the ceremony. "Upon assuming the Watch, I offer tremendous thanks and apprecia-

tion to General Vance – wishing him fair winds and following seas. I am humbled and honoured to relieve such a great leader and mentor."

The Admiral went on to praise Defence Team members for their professionalism, integrity, creativity and ingenuity.

"Your integrity shines through and inspires Canadians," he said. "Not surprisingly, you have as a result become a beacon of hope when times are difficult. You are Canada at its best when Canada's best are needed at home or abroad."

In his new role, Admiral 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 Admiral noted that although Canadians are living through a time of change, CAF members should know that it is also a time of continuity.

"Our course was charted in Strong, Secure, Engaged, and in its pursuit our mission is to keep steady," he said.

"As we move forward with implementing our Defence policy, you will have the equipment that you need to accomplish the important work you do. So I share your excitement about our clear progress in acquiring new ships, aircraft, vehicles, weapons systems, C4ISR technology, and more. Investment and innovation will continue to set the conditions for future success."

The organization's commitment to growing an inclusive and diverse workplace will continue, he stated, as will the efforts to identify and eliminate racism, discrimination and hateful conduct within the CAF. However, creating culture change will take a concerted effort by everyone, including active leadership and continuous engagement at all levels. Equally strong for the Admiral is his commitment to people, viewing as his prime directive "people first, mission always."

"Teammates, the sacred responsibility that I have undertaken is to advocate for, empower, and lead you. I look forward to navigating through these interesting and exciting waters with you. We got this."



Adm Art McDonald (right) was appointed Canada's new Chief of the Defence Staff during a change of command ceremony held virtually in Ottawa on January 14, taking over from outgoing CDS Gen Jonathan Vance.

CPL RACHAEL ALLEN, CAF VISUAL COMMUNICATIONS SUPPORT



Prime Minister Justin Trudeau and other government representatives attended the ceremony virtually.

CPL RACHAEL ALLEN, CAF VISUAL COMMUNICATIONS SUPPORT



HMCS *Halifax* becomes Flagship of SNMG1

By Trident Staff

HMCS *Halifax* has arrived in Europe to begin its Operation REASSURANCE deployment alongside allies with Standing NATO Maritime Group 1 (SNMG1). The ship arrived in Lisbon, Portugal on January 18 and assumed command of the NATO task group under RCN Cmdre Bradley Peats, taking over from the Portugese Navy and Cmdre José António Mirones. HMCS *Halifax* will now serve as the SNMG1 Flagship for the duration of the six-month deployment. Prior to arriving in Lisbon, *Halifax* had an initial stop in Portsmouth, UK, where they restocked on supplies and held the ship's holiday dinner on board.

SNMG1 is a multinational integrated maritime force composed of warships, aircraft and military personnel from various NATO contributing nations. The maritime component of Op REASSURANCE is part of Canada's commitment to support NATO assurance and deterrence measures in Europe.



As Flagship of SNMG1, HMCS *Halifax* will be home to SNMG1 HQ staff for the duration of its deployment.

SNMG1



Members of HMCS *Halifax* work to bring the ship alongside in Portsmouth, UK.

SNMG1



A member of the ship's company helps to restock HMCS *Halifax* while alongside in Portsmouth, UK.

HMCS HALIFAX



Sailors from HMCS *Halifax* are currently wearing this patch indicating their service on the Flagship of SNMG1.

SNMG1



Cmdre Bradley Peats of the Royal Canadian Navy, left, assumed Command of SNMG1 from Flag of Portugal Cmdre Mirones during a Change of Command ceremony on January 18.

SNMG1



The holiday traditions came a little late for HMCS *Halifax* this year. The ship held their annual Christmas dinner while alongside in Portsmouth, UK, on January 13. Following tradition, the ship's Commanding Officer swapped ranks with the youngest member of the ship's company for the evening, meaning S3 Kimberly O'Dell got the chance to briefly command a Halifax-class vessel.

MONA GHIZ, MARLANT PA



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MS Ryan Acreman participates in a naval boarding party training serial on the upper decks during pre-deployment workups aboard HMCS Halifax in the Atlantic Ocean in October 2020.

HMCS HALIFAX

The hard road to high readiness during a global pandemic

By LCdr Mark Fifield,
SNMG1 PAO

COVID-19 has impacted all of us on both a personal and professional level. Institutionally, it has challenged us to adapt our training, technical, and personnel management processes in innovative ways. Preparations for HMCS *Halifax*'s departure on January 1st were no different, with the added complication of an aggressive timeline to ensure the ship was technically ready, crewed, and trained to succeed in operations.

HMCS *Halifax*'s team met these challenges right from the beginning, having to perform major maintenance and readiness training while under various states of provincial restrictions on movements and workforce availability. This required creative solutions to ensure the program moved forward.

"This pre-deployment period presented challenges that our team had never faced before as we had to improvise and work harder to make sure we met high readiness status prior to deploying," said PO2 Greg Cousineau, *Halifax*'s Operations Room Supervisor. "It's not only the motivation and hard work that our sailors put in that

allowed us to exceed expectations, but also the families at home who supported us and enabled us to perform to the level that we did."

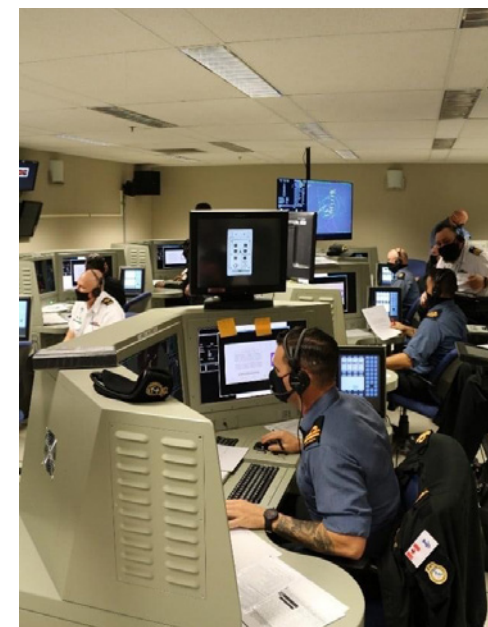
Whether it was leveraging technology to hold training from sailors' homes to isolating onboard while alongside to conduct training that would normally be held at one of the schools, the HMCS *Halifax* team and Maritime Forces Atlantic support services worked tirelessly to successfully achieve all of the milestones toward the ship reaching the highest state of readiness. Similarly, technical authorities and staff from the Fleet Maintenance Facility Cape Scott had to work through strict precautions, sometimes limiting the amount of simultaneous work that was required, to ensure all mechanical and combat systems were in the best shape possible for a long deployment.

Throughout all of the preparations and at-sea periods leading up to the deployment, the health and safety of the crew and all outside support remained paramount. Prior to proceeding to sea for workups and the eventual deployment, the crew were put under strict

quarantine requirements to reduce the risk of infection once the ship was at sea. The support of shipmates from other fleet units during these periods was invaluable and demonstrated the team spirit inherent in today's Royal Canadian Navy.

"We have reached this point through the positive attitude, imagination, ingenuity, and perseverance from our entire team of military and civilians here in Maritime Forces Atlantic," said Cdr Chris Rochon, the ship's Commanding Officer. "Support from fleet and formation staff, other ship's companies, the technical teams at our Fleet Maintenance Facility, the Personnel Coordination Center, the evaluators and mentors from sea training and our fleet school, and the base support services was critical."

These combined efforts are enabling the RCN training system to continue to generate well trained and equipped, globally-deployable high-readiness naval forces that remain "Ready to Help, Ready to Lead and Ready to Fight" on behalf of Canadians.



HMCS Halifax conducted warfare training in the operations room simulator at CFB Halifax in August 2020 while masked and socially distanced as part of preparations for its Operation REASSURANCE deployment.

HMCS HALIFAX



Worst year in history?

By Padre Capt Mark SG Sceviour,
Fleet Chaplain



What a year 2020 has been. Some would argue that it has been the worst year. I would suggest that it has been a bad year, but maybe not the worst ever.

Let's not forget 1349 – The Black Death came and killed almost half of Europe's population. Surely 1520, when approximately 60 to 90 percent of the indigenous peoples of North America died of smallpox, should also get a mention. What about 1918?

After four years of bloody warfare, the Spanish Flu killed 50 million people. And for some, 1933, when Hitler came to power, is the worst of all.

But none of the above mentioned years can compare to 536(CE). To be fair, 536 in itself wasn't the worst year on its own. It is what spiraled from that year that makes 536 the real winner of the worst year award.

In 536 a dense unexplainable fog rolled in nearly all over Europe. The fog stayed over parts of Europe for two years. Imagine living two years in the fog (if you live in Eastern Passage you might not find this amazing). With the fog constantly rolling in, the annual temperatures dropped, which meant crops didn't grow. With smaller crops and less variety, people's diets were drastically reduced. With reduced nutrients, people were susceptible to diseases. In 541, the Bubonic Plague swept over Europe, killing 25 million people. Uncontrollable outbreaks of the plague would last for centuries. This constant cycle of poor crops, poor diet, and mass death lead to constant violent conflict over resources and people. This era of death and dying is known as the Dark Ages.

The Dark Ages is also known by another name – The Migration Period. It is the time when the Huns, Goths, Vandals, and Franks moved into Southern Europe. This migration brought fear, and caused some to fight violently for a bygone era, a world before the fog.

A small few, however, saw this change as a chance to start anew. The migration brought new ideas, new perspectives and a new hope. Without the math, science and wonder that the migrating people brought to Europe, we wouldn't have the Renaissance. The Dark Ages (very slowly, for the people living through it) transformed into the Renaissance. The Renaissance brought us art and culture that we are still in awe of today. From the death and dying of the Dark Ages came an age of discovery and revelation.

There is no doubt that 2020 was a bad year. Just watch the news, we are still feeling the effects. The question is: where do we want to be when we come out of this? We can't go back to living life the way it was before 'the fog'. We have to accept that things have changed. We can choose to find hope in all of this, or we can choose to

keep fighting. We can choose to live our own version of the Dark Ages, or we can choose to migrate our thinking and enthusiastically enter a new era – one where we are kinder to each other, where life is more important than money, and where seniors are not hidden away, but embraced as our elders.

We are all in the darkness right now "For at one time you were darkness, but now you are light in the Lord. Walk as children of light, and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them." (Ephesians 5: 8-14)

With prayer and guidance we can find a way out of the darkness. "I will turn the darkness before them into light." (Isaiah 42:16)

We need to leave the darkness behind and have our own Renaissance. Perhaps someday, someone will look back at 2020 and say 'That was a bad year, but look what came out of that darkness. The world is now a better place.'

CANFLTLANT Ops teams exercise virtually with allies

By Trident Staff



From Dec 6th to 10th, Ops teams from HMCS Ville de Québec & Montreal and an RCAF CP-140 crew participated in the U.S.-led virtual Fleet Synthetic Training - Joint Exercise with US Pacific Fleet & the Royal Australian Navy.

Three ships of the Atlantic Fleet took part in the annual Fleet Synthetic Training Exercise from December 6-10, 2020, working virtually alongside allies from the United States and Australia, strengthening ties and interoperability while remaining far apart physically.

This year's exercise, officially titled Fleet Synthetic Training Exercise-Joint 20-72, was American-led, and saw participants join a computer-based synthetic training environment designed to simulate real-world threats. It marked the largest RCN contribution to date for this type of international virtual exercise, with Operations teams from both HMCS *Montréal* and *Ville de Québec* taking part, along with extra personnel from HMCS *Charlottetown*, coming together to form a Command Task Unit. An RCAF CP-140 Aurora crew also took part, under the command of USN 7th Fleet Tactical Control.

"FST-J 20-72 allows us to enhance and promote interop-

erability with our partners, the United States and Australia, while remaining geographically separated in a computer-based synthetic training environment," said Cmdre Richard Feltham, Commander CANFLTLANT.

"The Canadian Armed Forces remains committed to its Allies by participating in unconventional training opportunities through the use of simulation technology."

The scenario saw crews using the SEAWOLF and SEACOTT Operations Room Trainers at Stadacona to simulate operating near the Luzon Strait in the Philippine Sea alongside the USN's Abraham Lincoln Carrier Strike Group. The allies were able to practice the execution of tactics, techniques and procedures that would come into play during real-world events. Training included anti-submarine warfare, seamanship navigation, engineering, and the logistics of operating multiple ships together at sea.



Operations PROJECTION-NEON: Patrolling the Electric Avenues of the Asia-Pacific

By Capt Chelsea Dubeau

Note: This article was completed prior to the tragic loss at sea of Master Sailor Duane Earle.

One ship, two operations. Three multinational exercises. An incredibly busy Intermediate Multi-ship Readiness Training (IMSRT) Program on the way to and during Exercise Rim of the Pacific (RIMPAC). A deployment experience unlike any other, it was also one that tested the crew's resilience and proved what is possible when positive, people-first leadership meets innovation.

More than that, it was a learning experience in every possible way: from planning to deploy and then deploying in a COVID-19 environment, incorporating the latest-and-greatest Wi-Fi technology, keeping the crew engaged and morale high during a deployment deprived of port visits, and managing supply chain challenges brought on by the global pandemic, there was much uncharted water to navigate.

Even if it is a region in which Canada has operated for decades, HMCS *Winnipeg's* time in the Asia-Pacific – one of the most newsworthy regions in the world today – continued to provide learning opportunities, sometimes in the most unexpected of ways.

Operations PROJECTION and NEON

HMCS *Winnipeg* deployed August 1st and commenced Operation PROJECTION in September to conduct forward naval presence operations in the Asia-Pacific region.

While deployed in the region, *Winnipeg* also operated under Operation NEON, Canada's contribution to a coordinated, multinational effort to support the implementation of United Nations Security Council Resolution (UNSCR) sanctions imposed against North Korea. The sanctions aim to pressure North Korea to abandon its weapons of mass destruction programs and respond to North Korean nuclear weapon

tests and ballistic missile launches.

Primarily a surveillance mission, units operating under the auspices of Operation NEON are tasked to collect critical evidence on Vessels of Interest (VOIs), or vessels suspected of maritime sanctions evasion like Ship-to-Ship (STS) transfers of fuel and other commodities banned by the UNSCRs. This evidence is then submitted to higher authorities, including the UN Panel of Experts, which gather, examine, and analyze information to evaluate cases of non-compliance.

The East China Sea and Winnipeg's Eye in the Sky

But if the Taiwan Strait was busy, the East China Sea was electric. At night, the waters were lit up for miles from the lights of hundreds of nearby vessels. Operation NEON is conducted in one of the busiest marine traffic areas in the world, which makes it that much more difficult when you're trying to find and conduct surveillance on a handful of VOIs.

"This particular area of the globe has an extremely high density of shipping traffic and fishing vessels," said Maj Kris Sutton, Air Officer on board HMCS *Winnipeg*. "Between crew resource management between sorties, to strategizing the best way to cover the tasked areas, to gaining proficiency with the helicopter's sophisticated system of sensors to locate VOIs, the lessons came quickly."

The CH-148 proved itself to be an invaluable asset during Operation NEON, extending *Winnipeg's* intelligence, surveillance and reconnaissance reach beyond the horizon and allowing for a greater amount of surveillance conducted on these VOIs.

"The CH-148 is effective at what it's designed to do," said Maj Sutton. "It's nice to have validation of its capability in executing this type of mission in an actual theatre of operations."



HMCS *Winnipeg's* embarked CH-148 Cyclone helicopter prepares for takeoff to conduct a night sortie on October 16, 2020.

S1 VALERIE LECLAIR, MARPAC IMAGING

One with the Strength of Many

Of course, the CH-148 wasn't the only asset using radar to confirm who was in contravention of the UNSCRs. In *Winnipeg's* operations room, that's the bread-and-butter of many, including Sailor 1st Class (S1) David Mason, a Naval Environment Sensor Operator (NESOP).

"My job as a NESOP is to provide early warning for any surface or air contacts that may be around us at any given time," said S1 Mason. "We help paint a picture of the surrounding area and give situational awareness to the ship's command team. During Op NEON, it was our job to locate VOI radars."

"There were a lot more merchant and fishing vessels than I realized, all of which utilize general navigation radars," S1 Mason continues. "While looking for our assigned VOIs, the only radars we could search for were general navigation radars which was like looking for a needle in a stack of needles. Luckily, we were able to count on the assistance of our allied maritime patrol aircraft and an RCAF CP-140 Aurora to assist in locating these VOIs."

Sailor 2nd Class (S2) Chad DeMan is a boatswain on board HMCS *Winnipeg* who frequently stands watch as

a Lookout on the bridge. As Lookout, his job is to visually detect and report ships, debris, and other navigational hazards. During Operation NEON, S2 DeMan reported and helped visually identify VOIs, and it wasn't without its challenges.

"Sometimes it looks like you're on the highway in the middle of the ocean," said S2 DeMan. "It's hard to keep track of where each vessel is going, which one is priority, and even the different countries they represent."

Another difficulty in visually tracking VOIs is the tactics these vessels can employ in order to conceal their identity.

"Sometimes when we came upon a VOI, the intelligence provided wouldn't match up to the ship," said S2 DeMan. "For example, colour of the hull, hull numbers, or even certain features and characteristics on board the VOI."

Between the operations, multinational exercises, ongoing training, HMCS *Winnipeg's* deployment was successful by any measurement. Notwithstanding the strides taken in terms of professional qualifications attained, lessons learned, and of course, mission objectives reached, *Winnipeg* earned several accolades from many levels of command, both domestic and international, for its performance across a range of activities including imagery and intelligence collection and Anti-Submarine Warfare capability.

The deployment afforded a learning experience that simply can't be bought, or taught, and certainly won't be forgotten anytime soon.

More than anything, however, it demonstrates that even in the most challenging of circumstances – a global pandemic, for example – the Royal Canadian Navy remains ready to heed the call of Canada and deploy wherever and whenever needed.



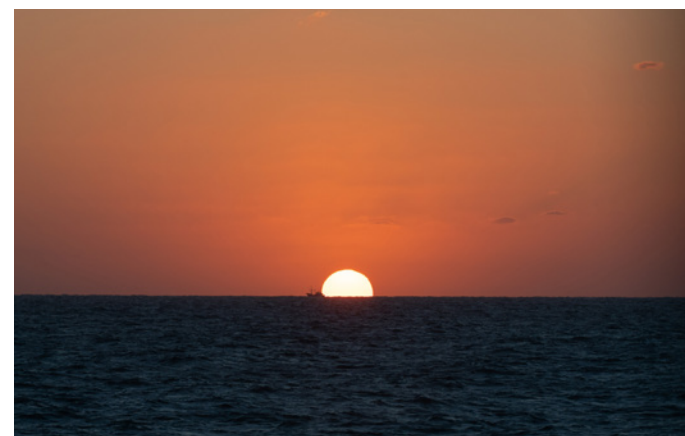
S2 Chad DeMan, a Boatswain on board HMCS *Winnipeg*, cleans the bridge windows during Operation NEON patrols in the East China Sea.

S1 VALERIE LECLAIR, MARPAC IMAGING



Cdr Mike Stefanson, Commanding Officer of HMCS *Winnipeg*, listens to a contact assessment by the on-watch Operations Room Officer during Operation NEON patrols in the East China Sea on October 13, 2020.

S1 VALERIE LECLAIR, MARPAC IMAGING



A fishing vessel is silhouetted against the setting sun during Operation NEON patrols in the East China Sea.

S1 VALERIE LECLAIR, MARPAC IMAGING



Valentines for Vets

By Veterans Affairs Canada

This Valentine's Day thank Canadian Veterans by sending them a hand-made valentine.

Each year, Veterans Affairs Canada (VAC) invites Canadian schools, individuals and organizations to make Valentines for Vets. VAC then distributes the valentines to Veterans in long-term care facilities across the country by February 14.

Valentines for Vets began in 1989 when the late newspaper columnist, Ann Landers, encouraged her readers to create special valentines for Veterans in care facilities throughout Canada and the United States. Every year, Landers' special "Valentines for Vets" column asked her readers to remember the sacrifices of their nations' Veterans by making them personal hand-crafted valentines.

VAC became involved with the program in 1996, and has been receiving and distributing valentines to Veterans in care facilities across the country ever since.

"Last year VAC sent almost 17,000 valentines to more than 4,700 veterans," says Ben Ouellette, Dir DSRM and Acting Dir PSP Ops. "In 2020 PSP Recreation participants across the country made cards, but with this year's restrictions we may not be able to craft together, so we want to spread the word about this initiative as wide as possible.

If you would like to send a valentine thanking a Veteran, please send it by

February 1 to:

*Valentines for Vets
Veterans Affairs Canada
Commemoration, Distribution Unit
125 Maple Hills Avenue
Charlottetown, PE C1C 0B6*

A few rules about the program:

- You can send a store-bought valentine; hand-crafted cards, however, make Veterans feel extra special.
- Valentines of all shapes, sizes, and colours are welcome. However, valentines that are greeting-card size are easier to package and distribute.
- Please do not include candy or chocolate with the valentines.
- Do not use sparkles or materials that easily break off the valentines.
- Do not put individual valentines in sealed envelopes. Send us a single large envelope containing all of the valentines.
- Do not put the date or year on the valentines.
- Avoid using "RIP" and images related to violence or death such as graveyards or guns.

SHEARWATER

LEARN TO SKATE

REGISTRATION NOW OPEN!

LEARN TO SKATE BEGINNER 1

Who: Kids aged 4+

What: Learn to Skate with beginner techniques and skills

Where: Shearwater Arena

When: Saturdays, February 6th to March 27th, 2021 from 1000-1100 hrs

LEARN TO SKATE BEGINNER 2

Who: Kids aged 4+ (some basic skating skills already established, still beginner to intermediate)

What: Learn to Skate with beginner techniques and skills

Where: Shearwater Arena

When: Saturdays, February 6th to March 27th, 2021 from 1130-1230 hrs

COST

Regular - \$80

Ordinary - \$85

Associate - \$90

Parents are required to drop kids off with skates tied (utilizing skate guards on the kids skates) and kids will be picked up with skates on. Group sizes are being kept to 15 (plus coaches - smaller than the province restriction of 25). More Covid-19 related precautions and measures will be sent out to parents who register, in the welcome email.

Please register online at <https://bkk.cfmws.com/halifaxpub/index.asp>

For more information on the program please email matthew.mackenzie5@forces.gc.ca



cafconnection.ca/halifax

/psphalifax

Des valentins pour les vétérans

Par Anciens Combattants Canada

Cette année, à la Saint-Valentin, remerciez nos vétérans en leur envoyant une carte fabriquée à la main.

Chaque année, Anciens Combattants Canada (ACC) invite les écoliers, les particuliers et les organismes du Canada à fabriquer « des valentins pour les vétérans. » ACC veille ensuite à ce que les vétérans au sein d'établissements de soins de longue durée les reçoivent à temps pour le 14 février.

C'est en 1989 que l'idée d'envoyer des valentins aux vétérans fut lancée par la défunte chroniqueuse américaine Ann Landers. Chaque année, dans sa chronique Des valentins pour les vétérans, Mme Landers encourageait ses lecteurs à créer des cartes de la Saint-Valentin à l'intention des vétérans dans des établissements de soins à l'échelle du Canada et des États-Unis afin que ceux-ci n'oublient pas les sacrifices des vétérans de notre nation.

Anciens Combattants Canada (ACC) reprit l'idée de Mme Landers en 1996 et, chaque année depuis, reçoit et s'occupe de distribuer des valentins fabriqués par des gens de partout au pays aux vétérans vivant dans divers établissements de santé au pays.

« L'an dernier l'ACC a pu envoyer près de 17 000 valentins à plus de 4 700 vétérans », dit Ben Ouellette, Dir SDLM et Dir Op PSP par intérim, « En 2020 les loisirs communautaires des PSP ont fait des cartes à travers le pays, mais avec les restrictions mise en place cette année, il est possible que nous ne puissions pas faire les cartes ensemble, c'est pourquoi nous souhaitons partager l'information concernant cette initiative avec le plus de monde possible. »

Si vous souhaitez envoyer un valentin pour remercier un vétéran, faites le parvenir d'ici le 1er février à l'adresse suivante :

Des valentins pour les vétérans

Anciens Combattants Canada

Commemoration,

Unité de la distribution

125, ave Maple Hills

Charlottetown (PE) C1C 0B6

*Anciens Combattants Canada conservera les cartes de la Saint-Valentin reçues après la date limite afin de les distribuer l'année suivante.

Quelques règlements du programme :

- Vous pouvez envoyer une carte achetée au magasin; cependant, les cartes faites à la main sont plus personnelles et vont droit au cœur des vétérans.
- Utiliser son imagination quant à la forme, à la taille et aux couleurs des valentins. Par contre, il ne faut pas oublier que des cartes de

grandeur normale sont plus faciles à expédier.

- N'envoyez ni bonbons ni chocolat avec les cartes de la Saint-Valentin.
- Dites aux enfants de ne pas coller de brillants ou de décorations qui risquent de se détacher facilement des cartes.
- Ne mettez pas les cartes dans des enveloppes individuelles scellées. Envoyez-nous les toutes ensemble dans une même grande enveloppe.
- N'indiquez ni la date ni l'année sur les cartes.
- Assurez-vous que les cartes ne contiennent pas d'images de violence, de mortalité, de cimetières ou d'armes à feu.



Surgeon General's CAF vaccine rollout message

By MGen Marc Bilodeau,
Surgeon General, Canadian Armed Forces



MGen Marc Bilodeau

DND

As your Surgeon General, I have some good news to share with you after what has been an unprecedented year (2020) with the COVID-19 global pandemic having a profound impact on every Canadian. I want to assure you that there is light at the end of the tunnel. As we welcome the New Year, we are also taking the first steps in the launch of the COVID-19 CAF vaccine rollout for members of the Canadian Armed Forces (CAF). Immunization of CAF members will begin in this month and will adhere to a CAF Vaccine Prioritization Framework which I will explain below.

The CAF have been working with the Public Health Agency of Canada (PHAC) for several months to prepare a plan to administer the COVID-19 vaccine for all CAF members who choose to receive it. The first phase of this plan was focused on determining the order in which CAF members are to be vaccinated in accordance with the rollout of vaccine supply. Based on the National Advisory Committee on Immunization (NACI) guidelines and my medical advice to the Chief of the Defence Staff who has directed the following Vaccine Prioritization Framework. It indicates the order of priority for COVID-19 immunizations within the CAF, depending on the availability of vaccine supply and logistics to delivery to the priority groups. The priority groups are as follows:

- The first priority group to receive a vaccine will be CAF members who are frontline healthcare providers who work in high risk clinical settings and long-term care facilities, or who

- have health conditions that make them vulnerable to severe forms of COVID-19. Vaccinations for 1,200 CAF members in this group are anticipated between January and February 2021.
 - The second priority group will be CAF members who are at high risk but could not be accommodated within the first group. It also includes first responders and personnel who work with front-line workers who are helping to distribute the vaccine to communities throughout Canada. Vaccinations for members of this group are anticipated between April and June 2021.
 - The third priority group will be CAF members who are engaged in providing essential support to those supplying critical services and operations. Vaccinations for members of this group are anticipated between April and December 2021.
 - The fourth priority group will be CAF members working in force generation training and other education activities. Vaccinations for members of this group are anticipated between July and December 2021.
 - The fifth priority group will encompass all remaining CAF members. Vaccinations for members of this group are anticipated between July and December 2021.
- The CAF have already received and will be distributing and administering the Moderna vaccine for the first 1,200 CAF members starting in early January 2021. This allotment, based on what we have been allocated from PHAC as part of this phase, is our first in a series of vaccine allocations.

Although we could receive other Health Canada approved COVID-19 vaccines from other suppliers as the year progresses, the Moderna vaccine is the only one currently available to the CAF. As other vaccines become available and/or our allocation of Moderna doses increases, we will adjust our phased timelines accordingly.

CAF members currently deployed or posted outside of Canada will not be receiving the vaccine from the current Canadian supply. There is planning underway to determine the most expeditious means of distributing to these CAF members (and their families where appropriate) including working with their host country for access to their vaccines once we have been assured that any such vaccines have been approved by Health Canada.

Department of National Defence's Public Service and non-Public Service employees and contractors should obtain vaccines through their provincial or territorial health care system.

Like other vaccines provided to CAF members, the COVID-19 vaccine will not be mandatory; this remains a voluntary option for all. Whether or not a vaccine will be made a requirement for an operation or a position is a decision to be made by operational commanders, in consultation with their medical advisors. However, CAF members may require proof of a COVID-19 vaccination in order to operate in certain high-risk environments or with vulnerable populations. The intent remains to protect ourselves, and protect others to maintain operational effectiveness as we serve Canada and Canadians at

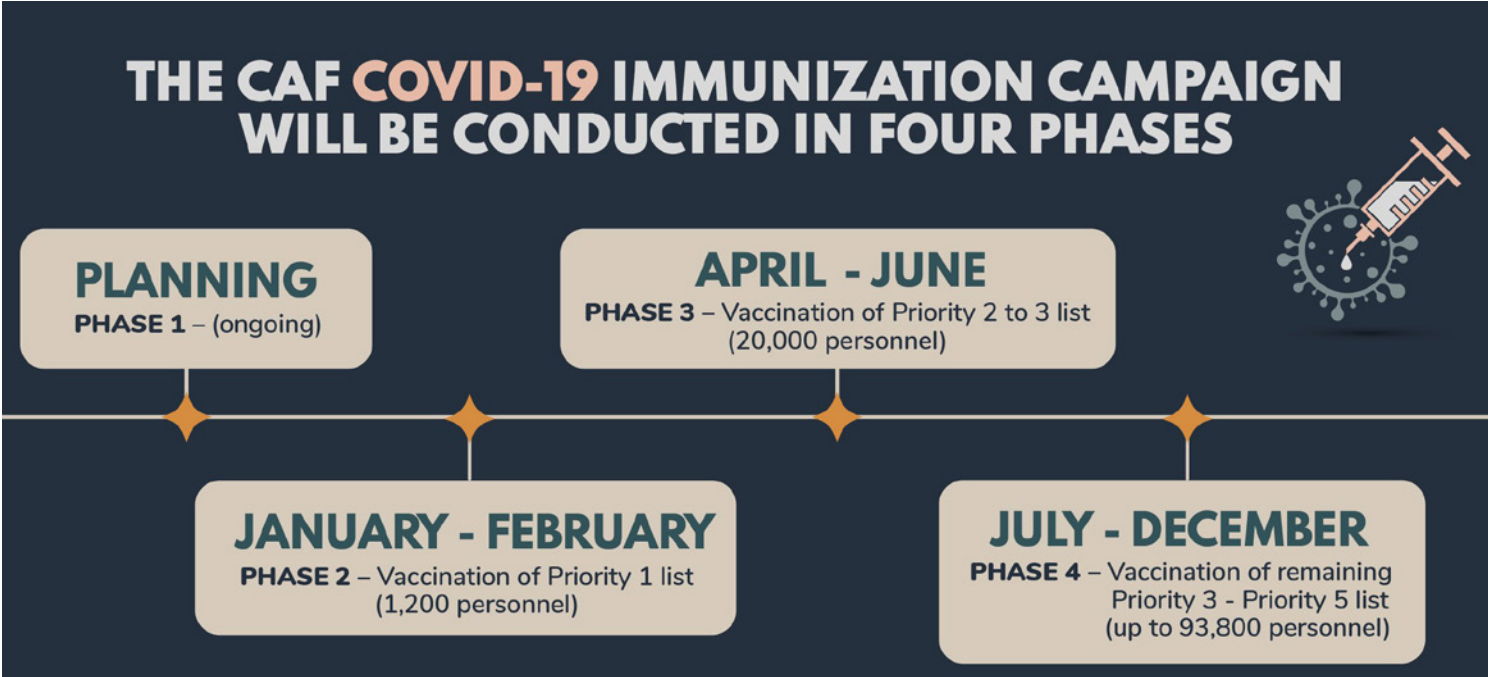
home and abroad.

You will be provided regular updates with important details about vaccine availability and priorities in the weeks and months ahead. The vaccine rollout, not unlike the pandemic itself, happens in a constantly changing environment with frequent new developments; leadership teams and CAF members will need to stay informed so that they can be aware of how this will impact individuals and respective organizations. Keeping yourself well-informed with accurate information, and getting the vaccine when it is available to you, are important weapons that will assure preparedness of the Force and ensure mission success.

Please check the Defence Team COVID-19 webpage for updates and information: <https://www.canada.ca/en/departement-national-defence/campaigns/covid-19.html>

The beginning of the COVID-19 immunization program in the CAF gives us hope that 2021 will be a better year than 2020, but remember that the pandemic is not yet over. We are getting there, but we need to continue to protect the force in order to maintain the CAF's operational readiness. By protecting yourself you are saving lives. Don't let your guard down, continue to follow local public health guidelines, preventive health measures, and get the vaccine when it is available to you.

Let's keep working together to fight COVID-19, the end is in sight, and we can all do our part to make 2021 a healthier and happier New Year.





When it comes to mental health, now more than ever, every action counts

By Elizabeth Sharpe,
Base Public Affairs Intern



This photo of the Employment Assistance Program (EAP) team was taken in January 2020 during the CFB Halifax Bell Let's Talk event on postpartum depression and mental health.

SUBMITTED

Did you know that January 28, 2021, will mark the 11th Bell Let's Talk Day? On this day, Bell will donate towards mental health initiatives in Canada by contributing 5¢ for every applicable text, call, tweet or TikTok using #Bell-LetsTalk, social media video views and use of the Bell Let's Talk Facebook frame or Snapchat filter. By learning more about mental health, we can all help reduce the stigma of mental illness in our workplace, our homes and our communities. The theme for this year's campaign is "When it comes to mental health – now more than ever – every action counts". So, how can you get involved?

Keep an eye on our CFB Halifax social media accounts in the lead-up to Bell Let's Talk Day, as we will be

sharing useful mental health resources available to our Defence Team members and their families;

- Register for the Government of Canada Bell Let's Talk Day 2021 virtual webcast: <https://csps.gc.ca/events/bell-letstalk2021/index-eng.aspx>;
- Celebrate Bell Let's Talk Day with CFB Halifax by joining us virtually as we raise the Bell Let's Talk flag on January 28 at 8:00 am AST: <https://bit.ly/3nXt4Hm>
- On January 28, watch a virtual CAF zoom discussion featuring a panel discussion on mental health issues and CAF mental health resources (Timing and additional details TBD);
- Send the CFB Halifax Public Affairs team (at CFBHalifaxPublicAffairs@forces.gc.ca) photos of you wearing

Bell toques (or other Bell Let's Talk swag) telling us about what mental health means to you. We will be happy to share your photos on our social media channels;

- On January 28, send out texts, calls, tweets or TikToks using #BellLet'sTalk, watch social media Bell Let's Talk videos and use the Bell Let's Talk Facebook frame or Snapchat filter; and
- Visit the Bell Let's Talk website to know more about how you can help yourself and others who may be suffering: <https://letstalk.bell.ca/en/ways-to-help>.

We commend Bell for their ongoing leadership and work in raising awareness of mental health issues through their Bell Let's Talk campaign. Together, the Defence Team and its partners can help break down the barriers to mental health care both in the Canadian Armed Forces and the Canadian population at large.

MENTAL HEALTH RESOURCES & SUPPORTS

The COVID-19 pandemic has resulted in a high degree of uncertainty and disruption to our lives, and it is not unusual to feel a heightened degree of anxiety and worry. As we look ahead to Bell

Let's Talk Day, we'd like to remind all members of our local Defence community—both military and civilian—of the mental health resources and supports available to you and your family year-round.

- Mental health resources at CFB Halifax: <http://bit.ly/3stVvAq>
- Video: Tips for Maintaining Mental Health during COVID-19: <http://bit.ly/2XCn6Rw>
- Video: Taking Care of Your Mental Health: Resources for Defence Team Members and Their Families: <http://bit.ly/3qytohJ>
- Defence Team COVID-19 mental health and wellness web page: <http://bit.ly/3idekD2>
- Government of Canada mental health and wellness web page: <http://bit.ly/3oXp1fL>
- Nova Scotia Government mental health and wellbeing web page: <http://bit.ly/38GYeOO>

Don't suffer in silence. CFB Halifax encourages all leaders, members and their families to recognize the signs of mental illness and seek help for themselves or their loved ones. The best chance for recovery is seeking care early.



COVID-19 vaccinations begin at CFB Halifax

On Tuesday, January 12, Health Services members at CFB Halifax received their first dose of the Moderna COVID-19 vaccine. These doses were administered to CAF members from the Mobile Medical Assistant Team (MMAT), nurses from the High Readiness Detachment and members of 1 Dental Unit, among others in the first priority group. These members will receive their second dose in early February. Capt Danielle Spooner, a primary care nurse from MMAT, was the first member to receive the vaccination from the Canadian Forces Health Services Centre (Atlantic) team, with Cpl Heidi King administering the vaccination.

MCPL GERALD CORMIER, FORMATION IMAGING SERVICES



En santé mentale, maintenant plus que jamais, chaque geste compte

Par Elizabeth Sharpe,
Stagiaire des affaires publiques de la base

Saviez-vous que ce 28 janvier 2021 marquera la 11e Journée Bell Cause pour la cause? Ce jour-là, Bell versera 5 cents à des initiatives canadiennes en santé mentale pour chaque texto, chaque appel et chaque vidéo TikTok pertinents, mais également pour chaque gazouillis affichant le mot-clic #BellCause, chaque visionnement de la vidéo officielle sur les médias sociaux et chaque utilisation du cadre Facebook ou du filtre Snapchat Bell Cause pour la cause. En en apprenant davantage sur la santé mentale, nous pouvons tous contribuer à réduire la stigmatisation de la maladie mentale dans notre milieu de travail, nos foyers et notre société. « En santé mentale, maintenant plus que jamais, chaque geste compte », tel est le thème de la campagne de cette année. Alors, comment pouvez-vous y participer?

- À l'approche de la Journée Bell Cause, gardez un œil sur les comptes de médias sociaux de la BFC Halifax, où nous proposerons des ressources utiles en matière de santé mentale aux membres de notre Équipe de la Défense et de leur famille.
- Inscrivez-vous à la webdiffusion virtuelle de la Journée Bell Cause pour la cause 2021 du gouvernement du Canada : <https://csps.gc.ca/events/bell-letstalk2021/index-fra.aspx>.
- Célébrez la Journée Bell Cause pour

la cause avec la BFC Halifax en vous joignant virtuellement à nous pour le lever du drapeau Bell Cause le 28 janvier à 8 h (HNA) : <https://bit.ly/3nXt4Hm>

- Le 28 janvier, assistez à une discussion virtuelle pour les FAC sur Zoom portant sur des questions de santé mentale, ainsi que sur les ressources en santé mentale offertes au sein des FAC (heure et autres détails à déterminer);
- Envoyez à l'équipe des Affaires publiques de la BFC Halifax (à l'adresse CFBHalifaxPublicAffairs@forces.gc.ca) des photos de vous portant des tuques Bell Cause (ou un autre article de Bell Cause pour la cause) et expliquez-nous ce que la santé mentale signifie pour vous. Nous serons heureux de publier vos photos sur nos médias sociaux.
- Le 28 janvier, utilisez le mot-clic #BellCause dans vos textos, appels, gazouillis ou vidéos TikTok, visionnez des vidéos Bell Cause sur les réseaux sociaux et utilisez le cadre Facebook ou le filtre Snapchat Bell Cause pour la cause.
- Consultez le site Web de Bell Cause pour la cause pour en savoir davantage sur la façon dont vous pouvez vous aider vous-même et aider d'autres personnes qui pourraient souffrir : <https://cause.bell.ca/fr/facon-aider>.

Nous félicitons Bell pour son leadership et son travail de sensibilisation aux questions de santé mentale dans le cadre de sa campagne Bell Cause pour la cause. Ensemble, l'Équipe de la Défense et ses partenaires peuvent aider à éliminer les obstacles aux soins de santé mentale tant dans les Forces armées canadiennes que dans la population canadienne en général.

RESSOURCES ET LE SOUTIEN EN SANTÉ MENTALE

La pandémie de COVID-19 a causé un niveau élevé d'incertitude et a perturbé nos vies. Il n'est pas inhabituel de ressentir un degré accru d'anxiété et d'inquiétude. En prévision de la Journée Bell Cause, nous tenons à rappeler à tous les membres de la Défense à l'échelle locale, militaires et civils, les ressources et le soutien en santé mentale qui sont à leur disposition et à celle de leur famille tout au long de l'année.

- Ressources en santé mentale à la BFC Halifax : <http://bit.ly/3stVvAq>

- Vidéo : Conseils sur le maintien de la santé mentale en période de COVID-19 : <http://bit.ly/2XCn6Rw>
- Vidéo : Prendre soin de sa santé mentale : Ressources pour les membres de l'Équipe de la Défense et leur famille : <http://bit.ly/3qytohJ>
- Page Web de l'Équipe de la Défense sur la santé mentale et le bien-être en période de COVID-19 : <http://bit.ly/3idekD2>
- Page Web du gouvernement du Canada sur la santé mentale et le bien-être : <http://bit.ly/3oXp1fL>
- Page Web du gouvernement de la Nouvelle-Écosse sur la santé mentale et le bien-être : <http://bit.ly/38GYeOO>

Ne souffrez pas en silence. La BFC Halifax encourage les dirigeants, les militaires et leur famille à reconnaître les signes de maladie mentale et à demander de l'aide pour eux-mêmes ou leurs proches. Pour avoir de meilleures chances de vous rétablir, vous devez chercher à vous soigner rapidement.



Face of Base: LCdr Galeung Lau

By CFB Halifax Public Affairs



LCdr Galeung Lau

CFB HALIFAX PUBLIC AFFAIRS

We are happy to introduce the first Face of Base of 2021: Lieutenant Commander Galeung Lau! Although currently donning the Royal Canadian Navy uniform, LCdr Lau began his Canadian Armed Forces career in the infantry before plunging into the open seas of the RCN. This shift led him to operate as a Naval Electronic Technician (Tactical), subsequently pursuing his commission to become a Naval Logistics Officer. LCdr Lau has had a fulfilling naval career to-date, speaking fondly of his time onboard HMCS *Montréal* as Supply Officer as well as his yearlong deployment on Operation IMPACT to the Operational Support Hub – South West Asia as Deputy Commanding Officer. He is vividly aware of the important role that family plays in this career, and in the CAF as a whole, as he is “reverently proud” of his wife’s logistical support at home with their two young sons.


In his current role as Executive Officer and second-in-command of CFB Halifax’s Base Logistics (BLog) branch, LCdr Lau

is responsible for overseeing the branch’s daily routine while also leading its Executive Services Division. “Every day is a highlight because of all the talented personnel at BLog. I am awestruck at what they accomplish, and can only imagine the infinite possibilities of what they will achieve in the future,” he said.

LCdr Lau has been especially impressed with the BLog team’s activity throughout what was a challenging 2020 for many, noting that “the pandemic reinforced BLog’s tenacity to overcome new challenges with a smile.”

Speaking of 2020, LCdr Lau has found some joy amidst the pandemic, discovering his love of running. He even decided to run his own marathon in 2020, and clocked over 1,200 kilometres around his neighbourhood by the end of the year! LCdr Lau is certainly a major asset to our Base team, and we are grateful to have him as a leader in our midst. Bravo Zulu!





Guitar LESSONS

WHO: Military and Retired Military


WHAT: FREE Guitar Lessons for beginner to intermediate players



WHERE: Virtually through Microsoft Teams or Zoom

WHEN: Starting Feb 1st, 2021.
30 minute sessions (will be re-evaluated if 30 mins seems to short)

Email matthew.mackenzie5@forces.gc.ca to book your first lesson.

Limited to 1 lesson per week.





HMCS Victoria's new morale patch, alongside the original artwork by MS Allan Gauthier.

SUBMITTED

HMCS Victoria legacy celebrated in new morale patch

By Peter Mallet,
The Lookout Staff

Twenty years ago, the first of four Victoria-Class submarines was commissioned into the Royal Canadian Navy.

It was a cold Dec. 2 day in Halifax when Cdr Bill Woodburn, HMCS Victoria's commanding officer, declared the occasion "a great moment in Canadian history and a great navy day."

This year, to celebrate the submarine's 20th anniversary, a morale patch has been created for Victoria's submariners to wear on their uniforms starting Jan. 1, 2021.

"The idea for the morale patch started last year with our sailors wanting to commemorate the service of everyone who served in Victoria over the last two decades," said LCdr Eric Isabelle, Victoria's current commanding officer. "The design of the patch will also serve as a reminder of Victoria's previous service as HMS Unseen."

The submarine first served the Royal Navy until it was purchased by Canada in 1998.

MS Allan Gauthier, one of Victoria's Weapons Engineering Technicians, created the patch design. He sketched his idea, and then turned it into a painting before submitting it to senior leadership for approval.

"It's quite an honour, humbling, and also intriguing to know my art-work has a legacy that will last forever," said MS Gauthier. "A morale patch is memorabilia that sailors and their families will hold on to forever. I wanted a chance to make something that stands out, something that is unique and completely different."

Central to the patch is a shield depicting a heraldic golden lion – a nod to HMS Unseen and its British heritage – holding Victoria's crown, which is central to the submarine's badge. It is designed like a family crest with the shield surrounded by maple leaves. At the top are Roman numerals XX denoting 20 years of service; at the bottom in a gold ribbon is HMCS Victoria.

Patches are intended to boost morale and unit pride. LCdr Isabelle says they are authorized for wear on the right shoulder of naval combat dress so long as they are in good taste, do not violate copyright, and follow specific dress guidelines.



Promotions at Trinity

Cdr Rory Dolan, Commanding Officer of Trinity (left), promotes Adonica Samson to the rank of Sailor First Class on December 4, 2020, in Building S89 at CFB Halifax during a Trinity Honours and Awards ceremony. Congratulations to all those who received promotions and awards.

CPL DAVID VELDMAN, FORMATION IMAGING SERVICES

Army cadets accepting new members

By 3036 Royal Canadian Army Cadet Corps

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



SPORTS & FITNESS



Resistance training and the importance of recovery

By Melissa Calleja,
Fitness and Sports Instructor, CFB Halifax



The proper amount of rest for each muscle group is needed to prevent injuries and ensure progress when resistance training.

MONA GHIZ, MARLANT PA

Athletes are typically told to allow at least 24-48 hours of rest between training sessions of the same muscle groups, but not to exceed this 48 hours. Have you ever wondered why exactly this is? When we train with resistance, we actually create a type of muscle damage. Fortunately, this damage is what allows us to make our muscles bigger and stronger.

When we place our muscles under the stress of resistance training, micro-tears are created in the muscle tissue. These small tears need to be repaired, but how? This is where rest and recovery comes into play. Luckily, following a single resistance training session, muscle protein synthesis, which is the process involved in building muscle, is elevated for 24-48 hours. During this time, it is important to allow the body to rest so it can repair and rebuild the muscle tissue that was affected by the micro-tears. With this opportunity to rebuild the muscle, our body adapts and creates larger and stronger muscle tissue. Generally, it takes anywhere from 24-48 hours for repairs to happen. However, If the body isn't given

adequate rest and recovery time, these tears will not be full healed. As you continue to resistance train, more tears will be created and, over time, this can lead to larger tears and injuries. This is why the minimum of 24 hours of rest for each muscle group is recommended.

Now, why do we not want to go longer than 48 hours without training the same muscle group? This has to do with how long muscle protein synthesis is elevated following exercise. It generally stays elevated for no longer than 48 hours, so we want to give it another bump around that 48-hour mark so we can continue to keep building muscle. When muscle protein synthesis is not given a boost from a training session, this can lead to muscle protein breakdown exceeding synthesis. When this occurs, we actually begin to lose that muscle we've worked so hard to build.

The bottom line is that 24 to 48 hours of rest is critical for the prevention of injuries, and training each muscle group roughly every 48 hours is crucial if you want to build and maintain muscle mass.

Sports throwback: Admiral Jones Shield



The Admiral Jones Shield has been presented annually at CFB Halifax for more than 70 years, meaning there's a long list of exceptional athletes who have taken the award over the decades. For the year 1980, the prize went to Able Seaman D.R. (Dusty) Mill, who was a member of HMCS Cormorant's supply department at the time. AB Mill was credited for her accomplishments in a variety of sports at the base, inter-part, and inter-mess levels, including volleyball, broomball, bad-

minton, curling, golf, and softball, where she was known to be an excellent second baseman. AB Mill was only the second woman to ever win the award. The award was presented by CFB Halifax Base Commander Capt(N) Keith Young. The Admiral Jones Shield is still presented each year to a military member who makes the largest contribution in conduct, character and sportsmanship to sports activities in Formation Halifax.

TRIDENT ARCHIVES



SPORT CELL

PODCAST

WITH ISAAC & MATTY

SUNDAYS AT 7PM
ON FACEBOOK LIVE