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Breaking the ice

Members of HMCS Moncton break up ice to maintain a safe working environment while transiting the Atlantic Ocean on January 24. The ship departed Halifax two days earlier for a two-month deployment to Operation CARIBBE.

OP CARIBBE IMAGERY TECHNICIAN



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SNMG1 conducts PASSEX training with German Navy

By LCdr Mark Fifield,
SNMG1 PAO

From January 26-29, 2021, Standing NATO Maritime Group One (SNMG1), led by the SNMG1 Flagship, HMCS *Halifax*, conducted a series of passing training exercises with the German Navy in the North Sea.

A PASSEX or "Passing Exercise" refers to training with the national navies of our NATO Allies and partners when passing through or nearby their territorial waters. In this particular case, SNMG1 was transiting through German waters and had a scheduled port visit at the naval base in Wilhelmshaven, Germany.

Conducting frequent military-to-military interactions and high-intensity training activities among our naval forces increases our common knowledge and familiarity of each other's maritime platforms, capabilities, tactics, techniques and procedures. As such, this PASSEX presented great opportunities to enhance joint operational readiness and interoperability among participating naval forces for the mutual benefit of all involved. These efforts pay future dividends by improving NATO's collective capability to respond in a timely and effective manner to threats to maritime security and commerce in the region and around the world, across the full spectrum of operations.

"The multinational vessels that comprise SNMG1, including their embarked air assets, have an intensive program of operational patrols and training exercises scheduled with

various NATO Allies and partners in our designated Area of Operations (AOO)," said Commodore Bradley Peats, Commander SNMG1. "This PASSEX was the first among many that will be conducted during this semester and was executed very well, providing us with a solid foundation to build upon in the coming months."

SNMG1 vessels HMCS *Halifax* and German tanker FGS Spessart as well as German Navy frigates FGS Baden-Württemberg and FGS Bayern, participated in the exercise series. PASSEX highlights included Officer of the Watch manoeuvres, embarked helicopter cross deck evolutions, a replenishment at sea, as well as various other operational training serials.

"SNMG1 is one of four NATO Standing Naval Forces that provide the alliance with a continuous naval capability and presence which forms the core of the Very High Readiness Joint Task Force (Maritime)," explains Commodore Peats. "A task group's level of readiness to conduct high-intensity naval operations at sea is fundamentally a product of the state of personnel, materiel and collective team training resident within it. This PASSEX with our German Navy friends provided excellent high-intensity training and allowed us to enhance or otherwise maintain currency in a number of critical warfighting skill sets and capabilities."



HMCS *Halifax* conducts a Replenishment-At-Sea with German Navy ship FGS *Spessart* (right) and FGS *Baden-Württemberg* (centre) during a PASSEX in the North Sea on January 28.

SNMG1



The Commanding Officer of HMCS *Halifax*, Cdr Chris Rochon, and Commander Standing NATO Maritime Group One, Cmdre Bradley Peats, observe task group manoeuvres with German Navy warships on January 26.

SNMG1



Future HMCS *Max Bernays* moves outdoors

The latest milestone moment for the RCN's third Arctic and Offshore Patrol Ship (AOPS) took place on January 23, with two mega-blocks of the future HMCS *Max Bernays* rolled out of Irving Shipbuilding's assembly hall to be joined together. The centre and stern mega-blocks of the ship are now dockside, and will soon be joined by the final bow mega-block. The company noted this is the first ship of the AOPS program to have propellers installed indoors prior to leaving the assembly hall, putting it on a shorter timeline to completion.

IRVING SHIPBUILDING



From Left, S1 Bruce, S1 Freeman & S2 Hynes.
S1 POLLITT, HMCS SUMMERSIDE

Summerside reigns in runaway rider ruoy

By Lt(N) Dan Bannerman,
HMCS *Summerside*



The RHIB team attached a bridle to the buoy in order to hook it to a crane and safely lift it on board.

S1 POLLITT, HMCS SUMMERSIDE

On January 19, 2021, HMCS *Summerside* was tasked as Ready Duty Ship (RDS) to recover a TRIAXYS directional wave buoy that had broken free of its mooring and was drifting to sea. As a result, the 500-lb buoy posed a threat to the safety of navigation off the coast of Nova Scotia and needed to be recovered quickly.

Summerside slipped its berth at HMC Dockyard 8 p.m. on January 19

and proceeded to sea, making way towards the buoy's last known location. The buoy was still functioning and sending regular updates, which made the task of finding it much easier. After a 14-hour overnight transit, *Summerside* located the buoy off the south-east coast of Nova Scotia. The ship's Rigid Hull Inflatable Boat (RHIB) was launched and the sweepdeck was set up to recover the buoy. The RHIB crew

— composed of S1 Bruce, S1 Freeman, and S2 Hynes — proceeded to the buoy and attached the bridle necessary for the crane to hook up. Thankfully, the seas were much calmer than some of the previous recorded heights the buoy had encountered through 433 days at sea.

The RHIB towed the buoy alongside *Summerside* and, using the ship's crane, brought it safely onboard. The RHIB was then recovered and *Summerside* returned to operating areas near Halifax to conduct planned operations with HMCS *Moncton*.

The directional wave buoy is produced by AXYS Technologies, deployed and operated by DRDC, and was moored off the coast to collect wave statistics. This data includes wave height, period, acceleration and direction, and can be used for operational purposes, research and development initiatives, and climate studies. The TRIAXYS buoys can store up to 32 gigabytes of data, which represent years of raw and processed information, inside a casing composed primarily of stainless-steel alloy.

Under normal circumstances, these buoys are inspected every six months to one year to confirm the integrity of the anchor fittings, but due to the ongoing COVID-19 pandemic, the regular inspection had to be delayed in order to ensure safety of the inspecting team. This particular buoy had been

deployed for 433 days, which is the longest DRDC has trialed. During that time, it had recorded an impressive 16.4 metre peak wave height during tropical storm Teddy on September 22, 2020. Once returned to the DRDC laboratories, they review the buoy's information and the state it was in to learn how to improve for future deployments. One such improvement planned is the addition of an on-board Automatic Identification System (AIS) beacon to more precisely alert shipping to the presence of the buoy.

Summerside returned to Dockyard on January 22 and landed the wave buoy. This tasking was a great opportunity for *Summerside* to demonstrate its ability and readiness to rapidly deploy in the event of an emergency or urgent requirement. *Summerside's* Commanding Officer, LCdr Jeffrey Anderson, noted that he was “very impressed with how quickly and professionally the team got ready, adapted to a new situation, and successfully completed our tasking.”

Luckily, RDS taskings are rare. However, the Royal Canadian Navy always maintains an RDS able to respond to a multitude of events, simple or complex, in order to support Canada's interests at home and abroad. Be sure to follow the ship's adventures on its official Facebook page, and on Twitter with #HMCSSUMMERSIDE and @SummersideCO.



Message from CRCN: Command-Level Review and Administrative Review Process for the Mihajlovic case concludes

The Director Military Careers and Administration's second Administrative Review (AR) concerning Sailor 1st Class Boris Mihajlovic has concluded, observing the principle of procedural fairness as well as all relevant policies and practices, with the determination that he be released from the Canadian Armed Forces (CAF), and those release proceedings are now complete.

This decision is the result of a process that began just over a year ago, when we were alerted to the admitted involvement with hate groups of Mr. Mihajlovic, who was a member of Her Majesty's Canadian Ship (HMCS) *Tecumseh*. In response to this, the member's unit initiated an AR which, in June 2020, rendered the decision to retain the member in service.

In July 2020, my predecessor ordered a Command-Level Review be conducted in order to address this case, and deliberately and comprehensively ensure that it had been handled appropriately, and in alignment with our policies.

During the conduct of this review, deficiencies were identified with respect to precision in the exchange of information between the member's unit, HMCS *Tecumseh*, and the Directorate of Military Careers Administration, which is the authority responsible for conducting Administrative Reviews, independent of a member's chain of command.

Tecumseh consequently initiated a second AR, while taking care to overcome the information exchange inconsistencies and lack of precision that impacted the initial AR, and with the recommendation that the member be released.

I want to assure you all that concrete measures are being implemented to ensure that the Royal Canadian Navy (RCN) has the ability to appropriately handle cases pertaining to hateful conduct in the future.

We are also cognizant that we need to do a better job of addressing issues of systemic racism more holistically as an institution, and we are committed to doing so.

As this case has proceeded, the Canadian Forces Military Personnel Instruction 01/20 on Hateful Conduct was promulgated and clear statements were issued acknowledging and lamenting that racism exists in our ranks, our organization, and in our biases.

Throughout the summer, we moved to adopt more inclusive and gen-

der-neutral English rank designations for our junior ranks – now Sailor 3rd Class, Sailor 2nd Class, Sailor 1st Class, and Master Sailor being the common usage titles, while we complete the months of work to have these designations formally endorsed and codified in orders and regulations.

And this necessarily unrelenting line of activity continued with the release of our Naval Order on Hateful Conduct response, NAVORD 1020-1, as well as with my recent CRCN37 Flag Hoist Signal, which was my personal signal directing all of our members to embrace the keystone virtue of respect. Respect for the RCN, respect for yourself, and most importantly, respect for your fellow shipmates. Our strength is in our diversity, and that strength hinges on greater inclusion.

In the past year, we also launched a series of engagements with mid-level leaders in our Navy – from Master Sailor to Chief and all Lieutenants(N) through Commanders – to prompt culture change in our organization. These engagements are intended to help us recognize that racism, anti-Semitism, misogyny and discrimination exist within our ranks and organization – despite the efforts of many to combat it and as much as it hurts to admit it.

We all need to acknowledge this and commit to fixing it. We must eliminate racism, anti-Semitism, misogyny and discrimination. We must be inclusive and diverse and create a sense of belonging for all who join and serve in our Navy.

I cannot state clearly enough that the Canadian Armed Forces and Royal Canadian Navy have zero tolerance for racist and discriminatory behaviour in our ranks. Canada is an inclusive and diverse country, and we must strive to ensure that the Forces respect and reflect our nation and its values.

Respect for the dignity and worth of each individual and the equality of all people are profound principles that are critical requirements for the operational effectiveness of the Royal Canadian Navy, and Canadian Armed Forces. These principles are enshrined in Canadian Law and are a fundamental part of what constitutes our modern Canadian society.

Any member who doesn't feel safe or has encountered any form of harassment is highly encouraged to report it to the chain of command. If that member is uncomfortable going to his or her chain of command, the CAF has a number of alternate sys-



tems to address the concerns of its members.

These include:

- The CAF Helpline 1-833-328-3351,
- The National Investigation Service, or
- The Ombudsman's Office.
- Shipmates, in the RCN and in the CAF, we all have each other's backs. If you espouse hatred, racist or misogynistic views, then you have no place in our ranks.

We are dedicated to being a modern and forward-looking organization where people are welcomed, feel safe

in their workplace, and are judged solely on their competence and contribution to Canada's defence goals. We will not tolerate any member of the RCN having membership in any group or organization connected with hateful criminal activities, or participating in any activity that promotes racism, violence, discrimination or harassment.

Yours aye,

*Vice-Admiral Craig Baines
Commander Royal Canadian Navy*



HMCS *Moncton* departs for two months in Caribbean

HMCS *Moncton* is the latest RCN ship to deploy to Operation CARIBBE. The Maritime Coastal Defence Vessel (MCDV) departed Halifax on January 22, and will soon join American Coast Guard allies in the Caribbean Basin.

Op CARIBBE is the RCN's contribution to the American-led Campaign MARTILLO, a multinational effort to improve maritime security and combat organized crime by preventing illicit trafficking. The Memorandum of Understanding between the U.S. and Canada, allowing American Coast Guard teams to operate from Canadian Warships, has now been in place for more than 10 years. Through that time, CAF platforms have contributed to the seizure or disruption of more than 100 tonnes of cocaine.



HMCS Moncton departed Halifax on January 22 for a two-month Op CARIBBE deployment.

MARLANT PA



Sailors cast off the lines as HMCS Moncton prepares to depart on January 22.

MARLANT PA



Members of HMCS Moncton break ice to maintain a safe working environment while sailing through cold weather on January 24.

OP CARIBBE IMAGERY TECHNICIAN



Marine Technicians aboard HMCS Moncton uphold ship maintenance for operational readiness on January 23.

OP CARIBBE IMAGERY TECHNICIAN



A boatswain aboard HMCS Moncton operates the helm while transiting the Atlantic Ocean.

OP CARIBBE IMAGERY TECHNICIAN



Ombudsman

National Defence and
Canadian Armed Forces



Défense nationale et
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Do you believe in science?

By Padre Capt PJ Vere,
Unit Chaplain, CFB Halifax



“Do you believe in science?”

People ask me this question more often than I would have anticipated when I first became a chaplain. Their presumption being science and religion are incompatible.

The question is usually asked in good faith. There is no reason to doubt the questioner’s sincerity. In which case I answer as follows: Some scientists and religious believers may declare science and religion incompatible, but I see the two as mutually compatible.

My own viewpoint is that of Dr. Kenneth R Miller, a retired Harvard professor and evolutionary cell biologist. Miller is also a devout Christian.

As Miller writes in *Finding Darwin’s God*, “the notion that human life was formed from the dust of the earth is not only poetic, but scientifically accurate to an astonishing degree...” As a scientist, I know very well that the earth is billions of years old and that the appearance of living

organisms was not sudden, but gradual. As a Christian, I believe that Genesis is a true account of the way in which God’s relationship with the world was formed. And as a human being, I find value in both descriptions. In order to reveal Himself to a desert tribe six thousand years ago, a Creator could hardly have lectured them about DNA and RNA, about gene duplication and allopatric speciation.”

Don’t feel bad if you do not understand the expressions “gene duplication” and “allopatric speciation”. I had to look them up myself.

This is precisely Miller’s point. The ancient Israelites were neither as knowledgeable scientifically nor as advanced technologically as we are today. Thus when God first makes contact with Moses on Mount Horeb, God communicates by using the tools of Moses’ time, culture, and language.

After all, God’s goal in speaking is to form a relationship with the Hebrew prophet and people.

Had God attempted to communicate using modern scientific jargon, Moses likely would not have understood God’s message. Nor would the people to whom God asked Moses to speak.

The ancient Israelites understood God’s message of freedom from slavery in Egypt because God used Moses to speak to them in their own language and culture.

Fast-forward to today, being a religious believer does not mean we oppose ourselves to modern science. Rather, like Moses, God invites us to share using today’s language and culture.

Face of Base: Padre Capt Troy Dennis

By CFB Halifax Public Affairs



Padre Capt Troy Dennis

NEIL CLARKSON, CAF PHOTO

Meet our newest Face of Base: Senior Base Chaplain Troy Dennis! Originally from Summerside, PEI, Capt Dennis joined the CAF in 2014, when he was posted to CFB Shilo. While in Manitoba, he became very involved in the community; leading church groups, playing trumpet in the Brandon community band and volunteering with United Way Centraide Canada. In 2019, he deployed to Latvia on Op REASSURANCE for six months. In Halifax since 2020, Capt Dennis feels truly honoured to serve our CFB Halifax Defence community. As a member of the MARLANT chaplain team, he is grateful to work with Base leadership to provide important insight and advice, always with the well-being of local Defence Team members in mind. “I inherited a great team and love working with them! I do all I can to make sure our chaplains have the resources, information and supports they need in order to support the Defence Team members under their care.”

Diversity and inclusion are also incredibly important to Capt

Dennis, who is proud to be part of one of the most diverse chaplain teams in the CAF, with Christian, Jewish and Muslim members. The plurality of this team is one of its best assets, allowing it to support the Defence community here in Halifax.

As Capt Dennis reflects on the past year – a challenging and complicated one for all Canadians – he is amazed at how the CAF/DND community has banded together with incredible resilience and compassion. He also wants the Base community to know that chaplains (also known as padres) are available 24/7, on both sides of the harbour, and can be reached by calling 902-721-8660 (weekdays) or 902-427-7788 (evenings and weekends). If you or anyone you know in the CAF/DND community is in need of mental health support or a listening ear on any life topic (not just religious/spiritual ones), please reach out to Capt Dennis and his amazing team. Bravo Zulu, Capt Dennis. CFB Halifax wishes you the best for your tenure as Base Chaplain!

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VAdm Samuel Paparo, centre, presides over a change of command ceremony for Combined Task Force 150 between outgoing commander RAdm Sulieman Al Fageeh, left, and incoming commander Cmdre Dan Charlebois

MC 3RD CLASS DAWSON ROTH, US NAVY

A Change of Command and an enduring partnership: Operation ARTEMIS resumes in Manama, Bahrain, under Canadian leadership

By Lt(N) Melissa Kia,
CTF 150 Public Affairs Officer

On 27 January, 2021, Commodore (Cmdre) Dan Charlebois of the Royal Canadian Navy assumed command of Combined Task Force 150 (CTF 150) from Rear Admiral (RAdm) Sulieman Al Fageeh of the Royal Saudi Navy. The change of command ceremony was held at Naval Support Activity, Bahrain.

CTF 150 is a naval task force conducting maritime security and counter-terrorism operations under Combined Maritime Forces, a multinational coalition of 33 nations. The CTF 150 area of operations includes the Gulf of Oman, Red Sea, Gulf of Aden and the Indian Ocean off the East Coast of Africa, which spans over 2 million square miles and includes some of the world's busiest shipping lanes." The Canadian Armed Forces (CAF) contributes to CTF 150 through Operation ARTEMIS, and the change of command ceremony marked the first day of Canada's command, which it will maintain until July 2021.

The modest ceremony, based on COVID-19 precautions, featured the attendance of a number of distinguished

guests including the Commander of the Royal Saudi Navy, the Chief of Bahrain Naval Forces, several regional task force commanders, as well as Senior Naval Representatives from several Combined Maritime Forces partner nations. The remarks delivered by the outgoing and incoming Commanders of CTF 150, as well as by Vice Admiral (VAdm) Sam Paparo, Commander U.S. Naval Forces Central Command/U.S. 5th Fleet and Combined Maritime Forces, who presided, all stressed the importance of the strong partnerships and the CTF 150 mission itself, which is to promote security, stability and prosperity in an area that encompasses some of the world's most important shipping routes.

In his speech, RAdm Al-Fageeh expressed that he was honoured to have commanded CTF 150 and gave special thanks to the partner nations who supported his mission over the past seven months. RAdm Al-Fageeh commended his team for the success of their operations, which led to a number of important drug seizures that contrib-

uted to not only disrupting the financing of criminal and terrorist networks, but also helped to ensure the continued free flow of legitimate commerce in the region.

VAdm Paparo thanked RAdm Al-Fageeh and praised the Royal Saudi Navy for the success of their mission under the challenging circumstances of the COVID-19 pandemic. He also stressed that the mission of CTF 150 helps to save lives by reducing the flow of narcotics to multiple nations, including those in North America. VAdm Paparo also emphasized the spirit of partnership which characterizes this multinational coalition, calling 2021 "the year of CMF".

VAdm Paparo then welcomed Cmdre Charlebois as the new Commander of CTF 150 and thanked Canada for sending a robust contingent of its nation's very best to take CTF 150 to the next level. Cmdre Charlebois expressed his thanks and remarked that the CAF has a rich history with CMF and that Canada was happy to be back to command CTF 150 for the fifth time. His priorities

during his command, he added, will focus on engaging with coalition and regional partners to build and enhance relationships, and help advance other CMF objectives.

Canada's presence, along with its Allies and partners, plays an important role in demonstrating an enduring collaboration and maintaining regional stability.



Visit, board, search and seizure sailors assigned to guided-missile cruiser USS Philippine Sea board a dhow suspected of carrying narcotics in the international waters of the North Arabian Sea on January 31, marking the first seizure under Canada's current command tour.

US NAVY



CPO1 (Ret'd) Jeff Morrison has a meal at the HMCS Nipigon table at the Mug and Anchor Pub in Mahone Bay.

SUBMITTED

HMCS Nipigon lives on thanks to former hull tech's handywork

By Ryan Melanson,
Trident Staff

As a part of the ship, HMCS *Nipigon*'s duckboards helped keep sailors' feet dry for more than 30 years. Now, the teak slabs of wood serve the former members of the ship's company in different ways – as furniture in their homes, or as a piece of nostalgia to be enjoyed in their local mess.

The boards, taken from *Nipigon*'s pilotage position, were given a second life by CPO1 (Ret'd) Jeff Morrison, who left the RCN in 2014. As a hull tech, Morrison was known for his exceptional carpentry skills, so when a former colleague was looking for a good home for a set of duckboards, he reached out. The wood had been in storage since shortly after the ship's decommissioning, and Morrison said he knew he could make good use of them.

"I've been a woodworker my whole career, so they were offered to me with the thought that I might be able to do something interesting with them, and that's what I tried to do."

The boards have now been included in a number of furniture projects. The Chiefs' and Petty Officers' Mess at Stadacona's Juno Tower houses a large piece with a binnacle in the centre, while a table made from the boards has also become a popular destination for sailors at the Mug and Anchor Pub in Mahone Bay. Morrison also built a custom side table for his former shipmate Cdr (Ret'd) Allen Munroe, with a collection of his naval challenge coins counter-sunk around the edges.

The tables have received a lot of attention online, where former *Nipigon* members stay connected.

"We're having a lot of people popping up, talking about their memories

sailing in the ship, and saying they need to get out here and have lunch at the *Nipigon* table," Munroe said.

The ship was an Annapolis-class Destroyer, commissioned in 1960, recommissioned in 1990 following refit, and paid off in 1998. Morrison said he's thrilled to stay connected with his *Nipigon* colleagues and that his work is helping to preserve the ship's legacy.

"I'm one of those guys who just really loved being in the Navy, and I miss it terribly," he said, noting that he currently volunteers as the Chief Hull Tech aboard HMCS *Sackville*.

"This is a good Navy story, it's a nice traditional thing and a way to keep that ship and some of the memories alive."



This duckboard table, featuring naval challenge coins laid into the wood, was built for Cdr (Ret'd) Allen Munroe.

SUBMITTED

SHEARWATER

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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



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Cdr Roberge takes command at NFS(A)

CFB Halifax Commanding Officer, Capt(N) Sean Williams (left) and incoming Naval Fleet School Atlantic (NFS(A)) Commanding Officer, Cdr David Roberge, sign the Assumption of Command certificates at CFB Halifax building S-15 on January 29.

CPL SIMON ARCAND, FORMATION IMAGING SERVICES



Members of the Stadacona Band.
MARLANT PA

CFB Halifax marks Bell Let's Talk Day virtually

By CFB Halifax Public Affairs

In honour of Bell Let's Talk Day, CFB Halifax received some great photos from Defence Team personnel showing their love for this important day dedicated to mental health! Due to the ongoing COVID-19 pandemic and current public health measures, local and national Bell Let's Talk Day events and initiatives were held virtually this year. We thank everyone for reflecting on mental health and well-being from afar but nonetheless together. By learning and talking about mental health, we can support ourselves and others living with mental illness, help break down barriers and reduce the stigma

that persists in the workplace, in our homes and in our communities. Thank you for taking care of yourselves and each other.

The base also raised a Bell Let's Talk flag during a special morning colours ceremony on January 28, at Stadacona Base – an event which was live streamed on the CFB Halifax Facebook Page (@CFBHalifax). Now in its 11th year, the Bell Let's Talk is a campaign dedicated to moving mental health forward in Canada. Across the country, Bell Let's Talk flag raising ceremonies help bring community members and mental health organizations together

to combat stigma and talk about mental health at a grassroots level. Thank you to everyone who joined the flag raising ceremony, both in person (and physically distanced) as well as virtually! When it comes to mental health, now more than ever, every action counts.

Reminder: Please don't suffer in silence. The Defence Team encourages all leaders, members and their families to recognize the signs of mental illness and to seek help for themselves or their loved ones. Remember several specialized resources exist to support you and your family. For CAF members, the

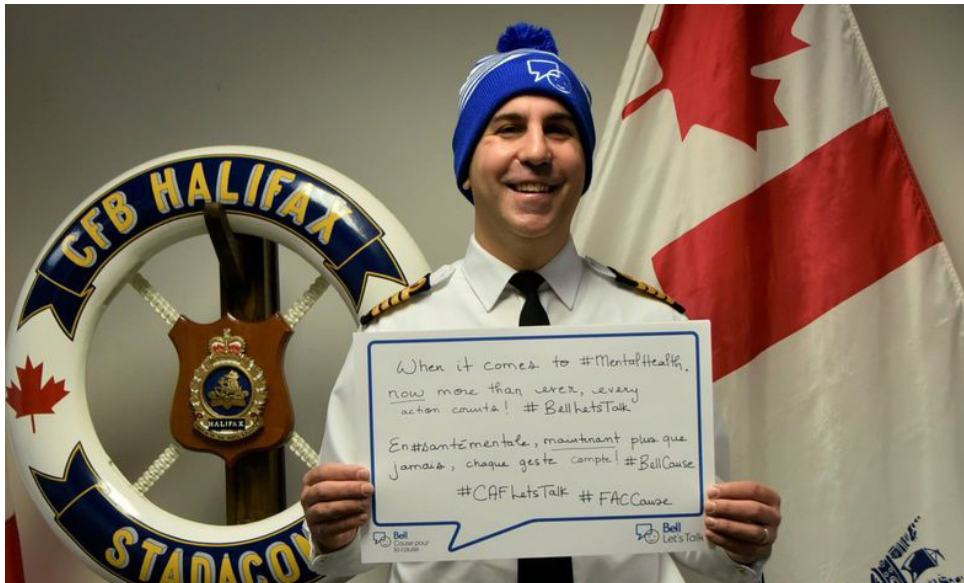
Member Assistance Program (1-800-268-7708) and Family Information Line (1-800-866-4546) are available 24/7. You can connect with a local Chaplain by calling 902-721-8660 (weekdays) and 902-427-7788 (evenings and weekends), or book an appointment with the mental health unit at the Base clinic at 902-721-8012. For DND members, the Employee Assistance Program (EAP) (1-800-268-7708 or 1-800-567-5803 *TTY—for people with hearing impairments) is available 24/7. Our local EAP Office can be reached at 902-240-8251.



A Bell Let's Talk flag was raised during morning colours on January 28.
ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER

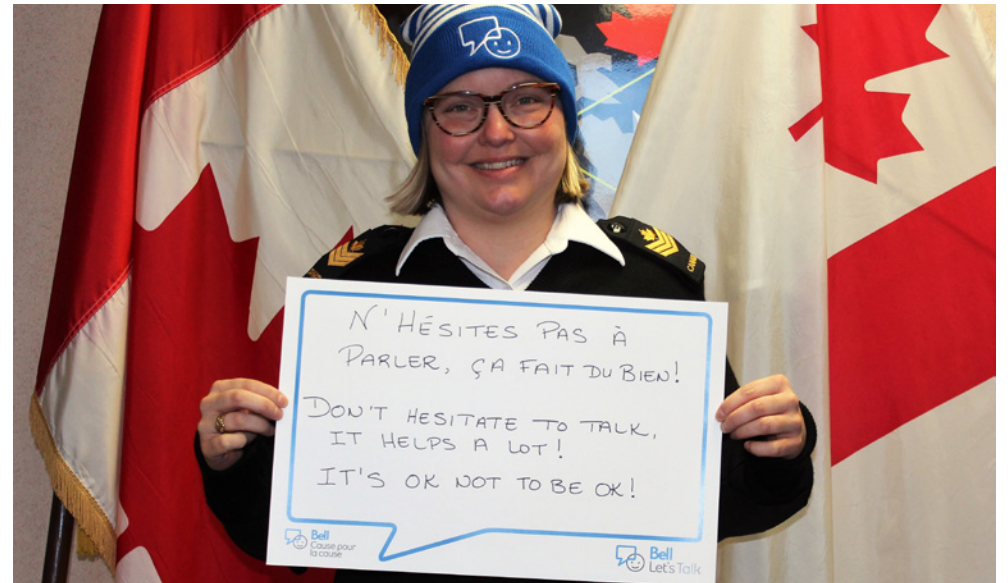


Members of HMCS Harry DeWolf.
MARLANT PA



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

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER



PO2 Leclerc, Base Information Service

SUBMITTED

Thank you, Scott Currie

By Elizabeth Sharpe,
CFB Halifax PA Intern



Scott Currie

SUBMITTED

For over 20 years, Scott Currie has been a fixture at Canadian Forces Health Services Centre (Atlantic) (CF H Svcs C(A)), ensuring that members of the Canadian Armed Forces community in Halifax receive quality patient care. His interest in helping others, however, began much earlier.

Originally from Bridgetown, Nova Scotia, Currie graduated from Dalhousie University with a Bachelor of Arts, as well as a Bachelor of Social Work, and completed his Masters of Social Work at McMaster University in Ontario.

While growing up in Bridgetown, Currie's grandparents were the administrators of the "County Home", a residential facility for adults who had various degrees of disabilities and were unable to remain with their families. With his grandparents being the administrators, this meant that his mother and aunt also resided in the facility. As a result of his mother growing up with many of the residents, they became like members of their family

– they were often referred to as aunts, uncles and cousins, and attended several family gatherings.

As he got older, Currie noticed the misunderstandings and stigma that other people held towards the residents. This, paired with his exposure to people with various cognitive impairments from a young age, is ultimately what led Currie to pursue a career in social work.

"I believe it was this experience that drove my desire to help be a voice for people who didn't have the opportunity to have their voice heard, or whose voices were often silenced and dismissed," he explains.

Currie had known for many years that he wanted to pursue a career in social work, and after his older cousin had been accepted to the Royal Military College (RMC), he explored the possibility of completing his studies there as well. Unfortunately, a social work program was not offered at RMC so he quickly shelved the idea and moved ahead with his studies.

Despite this change in direction, working with the Canadian Armed Forces (CAF) in some capacity had always remained in the back of Currie's mind. And lo and behold, after he completed his Masters program, he came across a recruiting advertisement for CAF Social Workers.

Following a discussion with the senior CAF social worker, Currie discovered that the CAF was actively hiring civilian social workers at CFB Halifax. Since he and his wife were moving back to Nova Scotia, this was the right time and place for Currie to pursue his interest in the CAF and the opportunity to practice his profession. He began working as a social worker at CFB Halifax in June 2000.

Currie has worked for CF H Svcs C(A) ever since, holding several different roles over the two decades. Initially, he worked as a social worker in the Social

Work Department, currently known as Psychosocial Services. Subsequently, he worked as a clinician with the General Mental Health (GMH) Department, before assuming a supervisory role as the Team Lead in GMH, and has held the title of Mental Health Department Manager for the past five years. As the Mental Health Department Manager, Currie's responsibility is to ensure that the department has the various resources needed to deliver the services they offer and that the department fulfills its obligations and respective mandate. Working in the clinic at CFB Halifax has been great, Currie says, as it is a relatively small community that allows relationships to form with personnel in multiple different professions and trades.

These relationships, and the opportunity to work with a dynamic and motivated group of professionals, have been the highlights of Currie's career. He said he's also thankful to have provided clinical support to members deploying for Operation APOLLO and to members returning from missions overseas. Currie also had the chance to work with a small group of health care professionals to develop and deliver a chronic pain self-management program for CAF members. This program was the first in Canada and served in part to raise awareness of the debilitating impacts of living with a chronic pain condition. Currie was awarded a Surgeon General's coin for this accomplishment.

And if you can believe it, Currie has time for more activities beyond his busy work life. Pre-pandemic, Currie enjoyed being an assistant coach for his children's Junior High track team, and also likes to run himself. In 2019, he was even inducted into his home-town's Sports Hall of Fame as a track and field athlete. This was a great honour for Currie, as he has many fond memories competing and representing his town at

various meets throughout the province.

As we move past Bell Let's Talk Day, Currie would like to remind anyone who may be struggling with their mental health that help is available. Health care professionals can assist you on your pathway to returning to a state of wellness. He also wants to emphasize that individual actions and reactions matter. "If you see someone who may be struggling with mental health issues, it is important that you do not judge them, as social stigma around mental health still exists and can deter someone from seeking the help they need," he explains.

In his career, Currie has seen many wonderful examples of friends, colleagues and supervisors assisting members who need support. The climate these individuals foster has not only helped members obtain access to the care they needed, but also created and fostered a constructive environment for recovery. "These small actions may go unnoticed, but they are lifesaving for those who benefit from them," he adds.

Currie's time at CFB Halifax has come to an end, as he has accepted a position with the Canadian Coast Guard as a Health and Wellness Analyst. A significant part of his new role will be to promote and educate personnel about mental health issues.

"Scott will be missed by all, as he has had a profound impact on the staff and patients alike," says LCol Rochelle Heudes, CF H Svcs C (A) Commanding Officer. "Having spent most of his adult life at CF H Svcs C (A), he is leaving a family, but like all families we will always be there for him. He will be missed, but his legacy will remain."

Our CFB Halifax community would like to thank Scott for all he has done for our CAF community during his many years at CF H Svcs C(A). We wish him fair winds and following seas as he enters into this new chapter!



DND Psychologists serving CAF Members

By Alexandra Anderson, M.Sc.
CF H Svcs C(A)

February is National Psychology Month. It is therefore a great opportunity to define the typical occupational responsibilities of psychologists, while also highlighting the role and contributions of DND psychologists serving CAF members in MARLANT.

Psychologists' primary roles are to provide assessment, consultation, and counselling/therapy services. They can diagnose and treat mental illnesses, and often work in collaboration with psychiatrists, family physicians, mental health nurses, social workers, addiction counsellors, case managers, and chaplains.

According to the Canadian Psychological Association (CPA), a psychologist "studies how we think, feel and behave from a scientific viewpoint and applies this knowledge to help people understand, explain and change their behaviour." (www.cpa.ca). Psychologists may specialize in certain areas; for example, mood disorders, anxiety disorders, personality disorders, eating disorders, addictions, developmental disorders, and posttraumatic stress disorder (PTSD). They work in clinical settings, research and/or education.

Psychologists have extensive training in the variety of empirical treatment methods. The methods they employ will depend on the particular circumstances of the patient they are working with. Treatment is significantly more than

just "talk"! For example, one method is specifically designed to assist patients in increasing their motivation. Another method involves changing negative patterns of thinking and behaviour. Yet another example is a method that focuses on changing behaviours to better match the patient's values and beliefs. Several of the psychologists here at Canadian Forces Health Services Centre (Atlantic) also have additional training in highly specialized treatment methods, such as Eye Movement Desensitization and Reprocessing (EMDR) therapy and Dialectical Behavior Therapy (DBT).

CF H Svcs C (A) employs 10 psychologists in Mental Health Services. At a ratio of approximately one psychologist for every 1,400 members, MARLANT has nearly double the number of psychologists compared to what is available to the general civilian population of Nova Scotia. This means that CAF members have relatively fast access to psychologists, with wait times much shorter than they are for the general civilian population.

All of our psychologists are registered with The Nova Scotia Board of Examiners in Psychology (NSBEP) www.nsbep.org, whose mandate is to protect the public by ensuring that providers are properly trained and qualified. For more information about psychologists, consult NSBEP, the

Association of Psychologists of Nova Scotia (APNS) www.apns.ca and/or the Canadian Psychological Association (CPA) www.cpa.ca.

To learn more about mental health services provided by psychologists at CFB Halifax, please contact your primary health care provider.

As part of Psychology Month, the Mental Health team has organized a display table on the fourth floor of the CF Health Services Centre, just outside the elevator. At the display you can read about mental health and available

resources.


Due to physical distancing requirements, we were not able to take a group photo of our psychologists here at CF Health Services Centre this year. In lieu, we've shared a photo of our Mental Healthy display from Psychology Month 2020.

For more information about Psychology Month, visit www.apns.ca or www.cpa.ca/psychologymonth/.



The Psychology Month display on the fourth floor of building S-80 at Stadacona.

SUBMITTED



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.





SPORT CELL

PODCAST

WITH ISAAC & MATTY

SUNDAYS AT 7PM

ON FACEBOOK LIVE



SPORTS & FITNESS

Military policeman plans solo run of Vancouver Island

By Peter Mallett,
The Lookout Staff



Sgt Daniel Mongraw.
SUBMITTED

Sergeant Daniel Mongraw usually runs for himself, but this year he has decided to run for others.

The military police officer has an ambitious plan to run the length of Vancouver Island to raise money for the Military Police Fund for Blind Children. He will also pause in Port Hardy to honour legendary distance runner Al Howie of Duncan, B.C., who died in 2016 at age 71.

"He once completed the task within five days, which is truly astonishing," says Sgt. Mongraw, 37.

He will take 10 days to tackle the 495 kilometres, starting April 1.

"I am fully confident I can do this. It's a good way to use my time for a good cause. Since children and families can benefit from the needed additional funding I raise, I feel it's a great thing to accomplish."

He is not a competitive runner. No marathon medals line his wall. He runs for mental health and fitness.

The sport took hold as a lad when he was punished for misbehaving by his teacher and told to run laps around the school yard. To the bewilderment of his teacher and classmates, he willingly accepted the punishment and did extra laps.

"Since that point, running has been great for me and I get a true sense of accomplishment when I complete my runs every day."

For the 10-day journey, he must maintain a speed of nine kilometres per hour for 10 to 13 hours per day. A police escort will keep him safe on the roadside. He hopes a recreational dealership will donate an RV for lodging, to cut down costs and help with physical distancing.

To donate to Sgt Mongraw's run, go to Truenorthcharitiesfdn.com and click on donate.

For more information email true-northcharities@gmail.com.

Keeping fit mentally and physically



RArm Brian Santarpia, Commander MARLANT and JTFA (front row, third from left) and other members of the defence team participated in a PSP-led yoga class on January 28, Bell Let's Talk Day, as a means of promoting both mental and physical wellbeing.

MARLANT PA

Eight limbs of yoga

By Alison Rotzien,
Fitness and Sports Instructor, CFB Halifax

True yoga is not to be performed; yoga is a practice to be lived off the mat. Having a beautiful tree pose will help you far less often in life than being able to focus and breathe through, no matter how difficult the circumstance you're currently in is. Within yoga there are eight aspects, or limbs, that are present in the practice and are believed to be requirements to live a meaningful life.

Yamas & Niyamas are thought of as guidelines and ethical disciplines. As yoga is designed to create more awareness of not only your body but your thoughts. These resistances (Yamas) include non-violence, truthfulness, non-stealing, non-excess, and non-possessiveness. The observances (Niyamas) include contentment, self-discipline, self-study, and surrender. These guidelines are not to limit the way we live our lives, but try to open life up to us.

Asana are the poses or movements that are done throughout the bulk of the class. They allow you to care for and refine your body and develop the necessary discipline and concentration required for meditation.

Pranayama is the regulation of breath. This can be as simple as being aware of the breath or more structured, rhythmic breathing practice. Breath is considered to be the expression of life,

and that if you're with your breath, you're with life itself.

Pratyahara is a side effect of breath regulation and turning inward. It draws our awareness away from the external world and outside stimuli. As we go inward toward self-knowledge, we naturally let go of our outer attachments, and this limb is about going inwards to go back out into the world mindfully.

Dharana is the first stage of concentration in which that concentration leads to meditation. Slowing down and being fully absorbed in whatever you are doing. In this stage, focus can be intermittent, with attention drifting away and then back again.

Dhyana is a continuous state of Dharana, or the second stage of concentration. This is when focus becomes one-pointed, steady and uninterrupted for longer durations.

Samadhi this is the third and final stage of turning inward — there is no perception of a subject separate from its object and the ego vanishes. This is the goal, to be unattached and without judgement.

Yoga can be much more than just a simple stretching class, it's a way to meditate and to get to know yourself on a deeper level. As much as yoga is a workout, it's even more so a work-in.