



# TRIDENT

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THE NEWSPAPER OF MARITIME FORCES ATLANTIC SINCE 1966 • LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966

## Training in the fjords of Norway

*Members of HMCS Halifax conduct small boat evolutions and training while sailing in the fjords of Norway during Operation REASSURANCE on February 14. Halifax is currently embarked on a six-month deployment to the European mission, serving as the Flagship of Standing Nato Maritime Group 1 (SNMG1).*

SNMG1







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# “Military-issued” best friends are stewards on HMCS *Regina*

By Lt(N) Jeff Klassen,  
HMCS *Regina* PAO

Two base brats from different coasts meet up in basic training, become best friends, get posted to the same Canadian warship, get promoted at the same time - and somewhere in there they buy puppies together.

That's the story of Sailor Second Class (S2) Liam Fisher, 21, from Greenwood, Nova Scotia, and his “best friend” S2 Colton Tom, 24, from Victoria, British Columbia. The two have a sort of special comradery that they've developed through their military career as stewards.

“I say he's my military issued best friend,” said S2 Tom.

Both S2 Tom and S2 Fisher decided to join the military because they have parents who've served. S2 Fisher's father is Master Warrant Brian Fisher, a Meteorological Technician at Canadian Forces Base Galetown and S2 Tom's dad, Ron Tom, retired as a Chief Petty Officer Second Class Boat-swain on the west coast.

S2s Fisher and Tom met for the first time during their 2018 basic training, in the laundry room of ‘The Mega’ (the giant building in St. Jean-Sur-Richelieu, Quebec where most basic training goes on).

“We weren't in the same platoon,” said S2 Tom. “During the first few weeks we were hanging out in the laundry room and neither of us had met another steward before, we were so excited. We didn't even really know what the job was about yet.”

Throughout basic training they spent their down time messaging each other or hanging out in the cafeteria in front of the Subway restaurant on base. S2 Tom graduated Basic Training first (he was two weeks ahead) and moved to Canadian Forces Base (CFB) Halifax for the basic steward trade qualification course. Two weeks later, S2 Fisher followed to go on the same course, and the two were together again.

From there they had short stints working together at the Maritime Operation Group 5 galley at CFB Halifax, then at CFB Esquimalt in the Formation Auxiliary Personnel unit, and then at Her Majesty's Canadian Ship (HMCS) *Vancouver's* shore office. They couldn't believe it. With every job change the military kept moving them around together and they became better and better friends. While in Esquimalt they even bought puppies together (S2 Tom's is called Benny and S2 Fisher's are called Dolly and Badger).

“We wanted to have dogs that could play with each other all the time and since we were good friends we thought it was perfect,” said S2 Fisher.

When the two were working in Halifax, S2 Fisher showed S2 Tom around, when they were in Esquimalt, it was reversed.

In September 2019, the two finally got what they consider to be their first real postings as stewards aboard HMCS *Regina*.

On *Regina*, S2 Tom works as a “baby wardroom buffer,” and S2 Fisher is the steward for the ship's Commanding Officer. On ship they sleep in the same mess and they are always spending their spare time together. They've been nicknamed “Fish and Tom” or “Tom and Jerry” – people just switch it up, though “Tom and Jerry” seems to winning.

“We play on each other's strengths and weaknesses,” said S2 Fisher.

“Yeah, Fish is good at the fancy stuff and I'm better at the hands on, carrying things, type stuff. We complement each other,” said S2 Tom.

On February 8, 2020, the two got their first promotion since basic training. Usually people are called up one by one on the parade square but *Regina's* Commanding Officer, Commander Landon Creasy, in tribute of their unique friendship, called them both up at the same time. The two were happy to have their friendship celebrated this way.

“There is no way I could have gotten this far without Fish – and I'm not being cheesy,” said S2 Tom.

“Yeah, Tom's my support. We've been with each other all the way,” said S2 Fisher.



S2 Liam Fisher and S2 Colton Tom were promoted together on February 8 by HMCS *Regina* Commanding Officer Cdr Landon Creasy.

LT(N) JEFF KLASSEN

## HMCS *Moncton* deployed on Operation CARIBBE



A member of HMCS *Moncton* launches the PUMA for a flight familiarization on February 2. The PUMA is a drone that helps collect information at sea to support efforts to address illicit trafficking in the Caribbean Sea and off the Pacific coast of Central America.

OP CARIBBE IMAGERY TECHNICIAN



During a diving recovery position exercise, a rescue swimmer on board HMCS *Moncton* partakes in rescue stations to maintain operational readiness in the waters of the Caribbean Sea on February 13.

OP CARIBBE IMAGERY TECHNICIAN





# Stadacona Band member's new piece inspired by Black Canadians in uniform

By Ryan Melanson,  
Trident Staff

A longtime member of the Stadacona Band has written and recorded a piece of music inspired by some of the first Black Canadians to serve in military roles.

PO2 Nevawn Patrick's original composition started as a work-from-home project last year, and has since developed into a fully realized song that was recently recorded by the band in their Windsor Park studio. The working title is For My Country, an ode to Dennis and Leslie McLaughlin's book of the same name, which offers a history of Black military service in Canada. That book, and the cover image showcasing members of the trailblazing No.2 Construction Battalion, gave PO2 Patrick the original spark.

"I used the story of the No.2 Construction Battalion as a springboard for this project," he said, noting that while the all-Black First World War Battalion, and the discrimination they faced in their

efforts to serve Canada, served as the inspiration, his piece is dedicated to all Black Canadian military members – past, present and future. This acknowledges that even today, Black CAF members can still face discrimination, tokenism, or subtle biases in a way unique from that experienced by their non-Black colleagues.

"In writing this piece, I offer my humble attempt to honour those who paved the way for myself and generations of Black Canadians to proudly serve, and with a special acknowledgement of our civilian brothers and sisters serving in the greater Defence Team," PO2 Patrick added.

As a military musician for 25 years, he's performed around the world with his trombone and played countless iconic pieces of music, but writing music is a new venture. All musicians tinker in their free time, but when COVID-19 restrictions sent the band to work



PO2 Nevawn Patrick, a member of the Stadacona Band, has written an original piece of music inspired by the story of the No.2 Construction Battalion. The piece was recently recorded by the band to be released as part of a Black History Month Project.

LS BRAD UPSHALL

at home through the spring of 2020, there was a chance to do more.

"We had to figure out what working from home means as a musician. You can't just practice your instrument eight hours a day. I thought it might be a good opportunity for me to actually write something," PO2 Patrick said.

Once he had a strong melody and the bones of a "pretty cool sounding tune," he turned to Stad Band member and music PhD S1 Jack Brownell for some advice and critique. With his colleagues' help he was able to fine tune his ideas and layer in the additional instruments, leading up to the recent recording of the finished piece.

The song has components that call back to the sorrowful spiritual songs sung by

African descendants during slavery in the United States, and changes throughout sections of the piece symbolize a difficult journey, making way for a path forward to the future.

PO2 Patrick said he's pleased he was able to spin a positive project out of the difficult pandemic period, adding another impressive footnote to his military career. Despite the challenges that still exist for Black CAF members, he added he remains proud to follow in the footsteps of those who came before him, and to act as an ambassador for the CAF and its values.

Stay tuned to Facebook.com/StadaconaBand to keep up with PO2 Patrick's project and other news from the east coast's Navy band.

## HMCS Brunswicker awarded for expansion to Moncton

The Naval Reserve Fenco-MacLaren Trophy was presented to HMCS Brunswicker, the Naval Reserve Division in Saint John, New Brunswick, on February 8 by Cmdre Michael Hopper, Commander of the Naval Reserve. The trophy is presented annually to recognize a group of service members who have contributed significantly to the Naval Reserve role and mission, with Brunswicker being particularly lauded for the recent establishment of their first unit satellite location in Moncton, New Brunswick.

SUBMITTED







# Ceremony marks keel laying for future HMCS William Hall

By Ryan Melanson,  
Trident Staff



*A keel-laying ceremony was held on February 17 for the future HMCS William Hall, the fourth Arctic and Offshore Patrol Ship being built for the RCN.*

CPL DAVID VELDMAN, FORMATION IMAGING SERVICES

The fourth Arctic and Offshore Patrol Ship (AOPS) being built for the Royal Canadian Navy (RCN) has now entered full production, with a keel-laying ceremony on February 17 marking this significant milestone for the future HMCS William Hall.

Keeping in accordance with public health directives, a small group of sailors, shipbuilders and community members gathered at Irving Shipbuilding's Halifax Shipyard for the occasion, which had the added significance of taking place during Black History Month.

Petty Officer William Hall, VC (1827-1904), was the first black person and the first Nova Scotian to be awarded the Victoria Cross, as well as being just the

third Canadian to receive the honour. His heroic actions as a crewmember of the Royal Navy ship HMS *Shannon* during the 1857 Relief of Lucknow are well documented, and led to his selection as one of six Canadian naval heroes to serve as namesakes for the Navy's newest class of ships.

The shipbuilder invited representatives from the East Preston Empowerment Academy, a local organization offering trade apprenticeship programs and other education opportunities in a predominantly African Nova Scotian community, to attend the keel laying. They were joined by RAdm Brian Santarpia, Commander Maritime Forces Atlantic and Joint Task Force Atlantic (MARLANT/JTFA),

Irving Shipbuilding President Kevin Mooney, and provincial African Nova Scotian Affairs Minister Tony Ince, along with small groups from the MARLANT and Irving teams.

The keel laying is a naval tradition that, in modern times, involves welding a coin into a large piece of the ship's frame – the gesture is meant to provide good luck and safety to the ship and those who will eventually crew it. For the future HMCS William Hall, responsibility for laying the coin was shared between RAdm Santarpia and shipbuilders Tyrell Young, a participant in the Pathways to Shipbuilding program for African Nova Scotians, and Macey Rolfe, who's enrolled in a similar program aimed at recruiting women to the trades.

The coin itself is a limited edition Silver Dollar of the Royal Canadian Mint, minted to mark the 150th anniversary of the Victoria Cross in 2006. A second coin of this mintage will eventually be presented to the Commanding Officer of the ship, to be displayed onboard for the life of the future HMCS Williams Hall's service.

The coin was placed in a box, laid on to the ship by RAdm Santarpia, and each shipbuilder placed one tack weld to make it secure. Mooney then declared the keel to be "well and truly laid."

The future HMCS William Hall will be the fourth ship in the Harry DeWolf-class. It's sister ship HMCS Margaret Brooke is in the water alongside the shipyard ahead of builder's trials later this year, while the future HMCS Max Bernays is just a step behind, with two thirds of the ship assembled on the jetty outside the Irving facility. The first ship in the class, HMCS *Harry-Dewolf*, was handed over to the RCN in July of 2020, and has been sailing and conducting trials at sea ahead of an official commissioning later this year. It's expected all six AOPS will be delivered to the Navy by 2024.

The new class of vessel was designed specifically to operate in Canada's northernmost waters, better equipping the RCN to asset Canada's Arctic sovereignty for years to come, and is also versatile enough to contribute to a variety of international operations, including humanitarian and research missions.

## Ice trials for HMCS *Harry DeWolf*

*HMCS Harry DeWolf departed Halifax on February 9 to conduct cold water and ice trials off of Newfoundland and Labrador. This photo taken from the bridge shows the ship encountering some of its first layers of thin ice on February 16.*

HMCS HARRY DEWOLF







# The Atlantic Defence Team Pride Network: A new changemaker at CFB Halifax

By Ariane Guay-Jadah,  
Base Public Affairs Officer

They say that times of chaos and uncertainty can bring about new ways of disrupting the status quo and sparking innovative change. While 2020 was a challenging year on many levels, it also saw its fair share of positive change. One such example came in December 2020 with the formal launch of the Defence Team Pride Network (DTPN), an advisory group created to foster greater diversity, inclusion and awareness of LGBTQ2+ (Lesbian, Gay, Bisexual, Transgender, Queer, Two-Spirit and additional identities) communities among our Defence team across the country.

The DTPN is now officially one of our nationally recognized Defence Advisory Groups (DAGs) along with the Defence Advisory Group for Persons with Disabilities (DAGPWD), the Defence Visible Minority Advisory Group (DVMAG), the Defence Women's Advisory Organization (DWAQ) and the Defence Aboriginal Advisory Group (DAAG). These groups provide insight to Defence leadership on issues relevant to their respective communities, while identifying systemic challenges and proposing concrete solutions to combat them. Each of these groups has an Atlantic region chapter based at CFB Halifax; this mighty team of military and civilian volunteers who make up our regional DAGs are responsible for outreach activities, training opportunities, policy development and awareness strategies to help contribute to a safer, more inclusive public service.

Locally, the DTPN operates under the banner of the Atlantic Defence Team Pride Network (ADTPN), which is an amalgamation of the CFB Halifax Positive Space Initiative Working Group and the Maritime Defence Pride Network, two initiatives that were supporting Halifax-based Defence LGBTQ2+ members since 2016 and 2019, respectively. Moving forward, the newly formed ADTPN will collaborate directly with the Maritime Forces Atlantic (MARLANT) Employment Equity team and serve MARLANT, CFB Halifax, 12 Wing Shearwater, and lodger units, acting in an advisory role to senior CAF and DND leadership, administering Positive Space Initiative programs and promoting LGBTQ2+ resources and outreach events to our local workforce. Ultimately, the group aims to elevate the many voices of LGBTQ2+ Defence members while cultivating a more diverse and welcoming organizational culture.

Who are the ADTPN leaders? The ADTPN is supported by Col James Hawthorne, Wing Commander at 12 Wing Shearwater, who is the group's Champion. The newly elected military co-chair is Capt Tom Munro (from 12 Wing Headquarters) and the civilian co-chair is Ms. Tracy Mitchell (from CFB Halifax Base Information Services). At the moment, the ADTPN team is working diligently to provide guidance, education and mentorship to Defence Team members, while also advising on local issues to the national DTPN.

According to Col Hawthorne, "the standing up of the ADTPN represents one of many progressive steps towards a more inclusive Defence Team environment. Through the network's ongoing efforts in education, awareness and dialogue, we hope to enable an enduring cultural shift to acceptance and understanding of all Defence Team members."

While much progress has been made, LGBTQ2+ communities still face challenges with heterosexism, genderism, transphobia and homophobia, which can cause many LGBTQ2+ people to feel unsafe in the workplace. For Tracy Mitchell, being part of the ADTPN means "educating and helping people understand the LGBTQ2+ community in order to dispel common misconceptions and promote greater awareness and acceptance in our workplace." For Captain Munro, joining the group was "a way to feel more connected to the LGBTQ2+ community and better understand the challenges faced by my peers in the CAF." Moving forward, the co-chairs hope to grow ADTPN membership in such a way as to represent the full and fluid spectrum of experiences and identities within the LGBTQ2+ community.

So what does the ADTPN have planned for 2021, in light of the ongoing COVID-19 pandemic? This year will be focused on establishing an organizational model; growing membership and recruiting volunteers; delivering Positive Space Training and peer support; and reporting issues facing the LGBTQ2+ community to senior leadership. The group will also provide information sessions at professional development days as well as event support, when larger, in-person gatherings will become the norm again. The ADTPN is also looking into offering virtual training opportunities, but has not made any firm commitments as the pandemic environment is continuously evolving. The group does, however, want to leverage technology and various communication channels to reach and engage their (existing and future) members in new ways.

How can Defence Team members get involved in the ADTPN? Individual involvement is variable and depends on a member's interests, availability and skills. People generally join with a specific interest in mind and are welcome to focus on whatever they prefer. The group benefits greatly from our diverse workforce as all military members and civilian employees may participate in the ADTPN regardless of sexual orientation, gender identity or gender expression. If you are interested in a meaningful volunteer opportunity or would like more information about the ADTPN, feel free to send an email to the "+HFX Positive Space Support Contact" positional email account. All members of the CAF and DND are encouraged to familiarize themselves and collaborate with the ADTPN to contribute to building an inclusive, modern and empowered Defence community.



*On July 16, in honour of the 33rd Halifax Pride Festival, CFB Halifax flew the Pride flag at both Base HQ and Admiral's Gate at Stadacona, as a sign of respect, inclusion and acknowledgement of the struggles faced by LGBTQ2+ Defence members and the larger community.*

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER

## Vaccines help keep seasonal flu in check

By PSP Health Promotion

According to Canada.ca, the numbers of Canadians who are afflicted with this year's influenza virus are essentially non-existent. Physical and social distancing, increased handwashing, and mask wearing no doubt contributed to the low numbers.

Many Canadians have taken advantage of the annual free flu shot, with many companies and organizations offering flu shot clinics in the workplace as a means to ensure that the flu would not complicate and contribute to overwhelming the health care system due to COVID-19. Health Promotion celebrates the efforts of the CAF and DND to put effort into protecting all members of the Defence Team.

On average the flu causes 12,200 hospitalizations and 3,500 deaths among our most vulnerable (Canada.ca).

There are many types of initiatives that workplaces implement to support their employees from a health and wellness stance. Here are a few examples of what is happening around CFB Halifax and 12 Wing Shearwater.

CFB Halifax hosted their annual Flu Shot campaign for regular force personnel, with the Defence Team also offering a clinic for its civilian members. Although the civilian clinic had a shaky start in obtaining sufficient supply of the influenza vaccine, they weren't alone in this, as shortages were being experienced throughout the province.

OCdt Audrey Roy and MCpl Grace Barnhart from 33 Fd Amb facilitated a campaign for Reserve units parading out of Willow Park Armoury. Units completed for the highest percentage of members being vaccinated per unit, in efforts to win bragging rights and a signature trophy. Participating units included 36 Sigs (12%), Halifax Rifles (27%), 36 Service Battalion (69%), and 33 Field Ambulance took the prize for the inaugural event as the 2020 Flu Jab champions with 75% of their members receiving the flu vaccine.

On the other side of the harbour, 12 Wing hosted a "Shot for a Short" Campaign. This first-time initiative granted vaccinators an early day of leave for getting their poke. This campaign increased flu shots on the wing by 330% (970 doses in 2020 compared to 286 in 2019). Shearwater clinic stated this was about 90% of total base members.

Has your unit developed an initiative related to encouraging flu shots for your team? Maybe an initiative in another area of health and wellness? We would love to hear about it! Reach out to us at [hfxhealthpromotion.ca](mailto:hfxhealthpromotion.ca)





*HMCS Sackville has been away from its winter berth in recent months as crews add extra plating to the underwater portion of the ship's hull, ensuring watertight integrity until permanent repairs can be made.*

SUBMITTED

# New underwater hull plating to extend life of HMCS Sackville

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

Many are likely wondering what Canada's National Naval Memorial has been up to these past few months as she has not been at her normal winter berth in HMC Dockyard. In order to explain that though, we have to take a quick look back 80 years, when HMCS *Sackville* was first being built in the slips in Saint John, New Brunswick.

The Flower-class corvettes, or the "cheap and nasties" as Winston Churchill coined them, were meant as a stop gap measure until Allied fleets could build up sufficient numbers of frigates and destroyers for convoy escort duties. The corvettes could be built in small yards, with relatively unskilled labour, and their completion time at the height of production was measured in mere months. Of the roughly 270 Flower-class corvettes built shortly before and during the Second World War, 123 of these were built in Canadian shipyards – small shipyards we normally don't associate with shipbuilding, with place names like Collingwood, Kingston, Thunder Bay, Montreal and Toronto. Of all these 270 Flower-class corvettes to sail with the Navies of Canada, the UK, Norway, France, Poland, the United States and Australia, only one remains; that one is your National Naval Memorial: HMCS *Sackville*, named for Sackville, New Brunswick.

Throughout her career following the Second World War, *Sackville* was employed in various duties as a Canadian Forces Auxiliary Vessel, and was drydocked once every five to eight years to inspect the hull and underwater fittings. As time passed, several areas were cut out and replaced, most notably in the bow and stern areas. When the ship was lifted out of the water in 2018, a thorough measuring was conducted of the state of the hull, and the structure and the thickness of the underwater portion of the plating. There was much head scratching around this time, as the underwater portion of the hull was gridded in roughly one square foot sections and thickness measurements were taken. After about three months, the hull looked like a giant chess board with numbers indicating plate thickness and frame placing. The prognosis initially was not promising; the only medium-to-long range solution to the hull thinning problem was the removal of the original 1940s steel plate, to be replaced with a new steel plate of roughly quarter-inch thickness.

An expert marine salvager was enlisted to have a look at the hull, and he put our minds at ease by explaining that such a process was feasible and in fact had been done on several former US Navy vessels. The problem faced by the Canadian Naval Memorial Trust (CNMT) in 2018 was we had



*New plates are welded onto the underside of the ship inside the submarine shed at FMF Cape Scott.*

COURTESY OF SANDY MCCLEARN, CNMT

neither the resources nor the time to reskin the ship. Was there a solution that would buy us a few years with the limited resources available?

Though not an industry standard for long-term repair, the CNMT decided that as an interim, the current underwater portion of the hull could be double plated, and the framing on the inside could also be strengthened to provide a base for a reskinning of the ship five to ten years down the road. This is where we find ourselves today. The doubling of the plate has added a negligible amount to the ship's displacement from a stability point of view, but it will ensure watertight integrity for *Sackville* until we are able to reskin the hull as planned.

Part of our problem stems from the corvette's simplicity of design; she has no longitudinal structure other than her decks. The structural strength of the hull is therefore carried by the plating itself, making it such an important component to this design. Approximately 30 percent of the underwater portion of the hull was double plated during the 2018 docking, with the remainder being completed this winter, and an expected float-up date in May. At that point, the ship will have bought herself some time, but knowing what lies ahead, the Trust will be busy the next few years raising funds for the eventual reskinning of *Sackville*, as well as the fitting of an active cathodic protection system. This final phase of repairs should take the ship well into the next generations of volunteer crews.

On a lighter note, prior to and during the 2018 docking, much deteriorated metal was removed, both to gain access to 'good' metal but also in the process of asbestos remediation. During this time, approximately 300 pounds of suitable material was saved and cleaned up, and now you can own a piece of HMCS *Sackville*'s original steel in the form of a keychain. These are a lasting keepsake of the ship's rich history and can be obtained for \$7.50 each by contacting the ship's Chief ERA, Pat Devenish, at [devenishp@yahoo.ca](mailto:devenishp@yahoo.ca). All proceeds will go towards the reskinning of HMCS *Sackville*.



*These keychains, made from pieces of HMCS Sackville's original steel hull, are being sold as a fundraiser toward the eventual reskinning of the Second World War-era ship.*

SUBMITTED





# CFB Halifax to mark Pink Shirt Day 2021

By Elizabeth Sharpe,  
Base Public Affairs Intern

On Wednesday, February 24, join CFB Halifax/MARLANT for a special Pink Shirt (Anti-Bullying) Day in support of bullying prevention in our community. Our 2021 theme is "Choose Kindness", a simple and important message that reminds us all to be kind to ourselves and those around us. We encourage everyone to practice kindness and wear pink shirts on Pink Shirt Day as part of a larger global conversation around respect, civility and compassion in our workplaces, our schools and at home. This conversation is more important now than ever as we continue to navigate our lives around the COVID-19 pandemic. Canadian Forces Base Halifax is committed – along with our colleagues across the greater Department of National Defence and Canadian Armed Forces community – to creating a workplace free of harassment and violence where all employees are treated with dignity, respect, and fairness.

CFB Halifax and PSP are thrilled, once again, to have [Fundy Textile & Design Limited](#), a DND Family Days sponsor for over 15 years, as the t-shirt sponsor for Pink Shirt Day. With the support and co-sponsorship of their t-shirt supplier, [SanMar Canada](#), the two companies are providing 600 custom pink shirts that will be available for purchase at CFB Halifax for anyone interested in supporting the cause.

**These custom tees will be sold (\$5 each) on Tuesday, February 23, from 9 am – 1 pm in the following locations:**

- MARLANT HQ lobby (Dockyard – Bldg D201);
- FMF Cape Scott main lobby (Dockyard – Bldg D200);
- Base HQ, 2nd floor (Stadacona - Bldg S90);
- Common Support Training Facility lobby (Stadacona – Bldg S120);
- TEME lobby (Willow Park – Bldg WL57); and
- Shearwater HQ (Shearwater – Bldg SH251).

Shirts will be available in Small, Medium, Large, X-Large and 2X-Large sizes while quantities last.

Proceeds from the 2021 #CFBHalifax Pink Shirt Day sales campaign will be designated for two local, non-profit organizations via the National Defence Workplace Charitable Campaign: [LOVE \(Nova Scotia\)](#) and [The Youth Project](#). These organizations' programming promotes healthy relationships and the cultivation of safe spaces.

For CAF members who would like to wear their own pink shirts on February 24, the \$2 Dress with a Difference fee will be in effect. This fee will be waived for CAF members who pur-

chase a custom, 2021 CFB Halifax pink shirt. Civilian Defence Team members are encouraged to purchase a CFB Halifax pink shirt or wear their own in support of this important cause as well. Submit photos of you, your colleagues (or even your pets!) wearing pink to Base Public Affairs at [CFBHalifaxPublicAffairs@forces.gc.ca](mailto:CFBHalifaxPublicAffairs@forces.gc.ca) or [cfbhalifaxpublicaffairs@gmail.com](mailto:cfbhalifaxpublicaffairs@gmail.com).

## Pink Shirt Day 2021 Rules/Regulations:

- No virtual sales for those working-from-home, however a member can appoint someone else to purchase a shirt in-person on their behalf;
- Maximum purchase of two shirts per individual (can buy one for them and one for a co-worker or two for co-workers; members cannot purchase two for themselves);
- Cash only, with exact change strongly encouraged to limit contact;
- Masks mandatory at all times for shirt sellers and buyers, with six foot physical distancing enforced;
- No pre-sales;
- If shirts are still available at the end of the day on 23 February, additional sales may be conducted on 24 February in fewer locations. Details on second day of sales will be released on CFB Halifax social media by 4 p.m. AST on 23 February; and
- If there is a storm day on 23 February, sales will begin on 24 February.

## About Pink Shirt Day

[Pink Shirt Day](#) is an annual celebration that encourages people to wear a pink shirt as a way to take a stand against bullying, while fostering compassion and raising awareness. Now a movement celebrated across the globe, Pink Shirt Day was inspired by an act of kindness in Nova Scotia: in 2007, David Shepherd and Travis Price of Berwick, Nova Scotia, bought and distributed 50 pink shirts after a 9th grade student named Charles McNeill was bullied for wearing a pink shirt on his first day of school. Today, Pink Shirt Day is all about working together to stop bullying by celebrating diversity, creating communities of respect and promoting positive social relationships. There are numerous benefits to creating a civil and respectful workplace. Practicing small, everyday acts of civility and kindness can go a long way to help everyone feel safe, comfortable and respected.



*PSP Halifax Graphic Designer Dave Hurtubise designed the 2021 CFB Halifax pink t-shirt, which will go on sale across CFB Halifax and 12 Wing Shearwater on Tuesday, February 23.*

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# War Amps key tag service celebrates 75 years

By The War Amps

The War Amps began its 2021 key tag mailing to Canadian residents recently with the theme “You Are a Part of What We Do,” marking the 75th anniversary of the Association’s Key Tag Service and paying tribute to the public for helping make it a success.

In the letter accompanying the key tags, parents Tracie and Jeremy describe how The War Amps has supported their family, from the day their daughter, Michaela Blakslee, six years old, was born missing part of her left arm, as well as some fingers and toes.

As a member of The War Amps Child Amputee (CHAMP) Program, Michaela receives financial assistance for artificial limbs and devices and also attends regional seminars where Champs and their parents learn about the latest in artificial limbs, dealing with teasing and staring, and parenting an amputee child.

Michaela’s artificial arms, which she calls her “helper hands”, include one for everyday use and another that she uses for activities like bike riding. “Without the funding from The War Amps, it would be very difficult for us to get her any prosthetics at all,” says Tracie and Jeremy. “Whatever isn’t covered through our workplace insurance and the government, The War Amps steps in so she has these devices to help her through daily life.”

The Key Tag Service was launched in 1946 so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association’s many programs, including CHAMP. The Key Tag Service continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.



Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants and its programs are possible through public support of the Key Tag and Address Label Service.

*Michaela Blakslee, a member of the War Amps Child Amputee Program (CHAMP) rides her bike with the help of a special device.*

THE WAR AMPS



The War Amps

Since 1946, the Key Tag Service has been protecting your keys and supporting our essential programs for amputees.

“I am a longtime supporter of The War Amps, and they have returned two sets of keys I had lost. A wonderful organization and a terrific public service that really works.”

– Peter

Order key tags online – free.



1 800 250-3030 • waramps.ca



## Staying ahead of COVID-19

*A Canadian Armed Forces Medical Officer and a Medical Technician deployed on Operation REASSURANCE with Task Force Latvia National Support Element prepares to conduct a COVID-19 test at Camp Adazi, Latvia on February 10, 2021.*

MCPL STUART MACNEIL, CAF PHOTO



## RAdm Santarpia dives in

*RAdm Brian Santarpia, Commander MARLANT and JTFA, tested his underwater skills during a recent visit to Fleet Diving Unit (Atlantic), suiting up for a dip in the unit’s training pool. The Admiral met with FDU(A) CO LCdr Neville Lockyer to discuss the unit’s work and get a demo of tech like the REMUS remote operating vehicle.*

MARLANT PA





# March is Nutrition Month: Let dietitians help you find your healthy

By Kathleen Bayliss-Byrne,  
Dietitian, CF H Svcs C (A)

The March 2021 Nutrition Month theme is “Good for you! Dietitians help you find your healthy.”

Each individual person has their own unique needs based on their health, their preferences, their culture and their food traditions. Finding what may be “good for you” is not the same for everyone.

Think about the traditions you experience and share those with others near you. Enjoying foods from an array of cultures as a way to boost variety and nutrients.

The Nutritional Wellness Working Group is happy to share their “healthy” and we hope you share yours too!

## Mindful eating - Cdr JJ Doyle

“During Basic Training, quickly consuming my meal just became part of eating. Afterwards I found this habit very difficult to break, sometimes my meal would be almost gone while others were just getting started. I began using my non-dominant hand to eat, I found this slowed me down, helped with digestion and saved me some embarrassment when eating in public”.

For more ideas about mindful eating check out [www.eatingmindful.com](http://www.eatingmindful.com) or [www.thecenterformindfuleating.org](http://www.thecenterformindfuleating.org).

## Plan ahead - Kathleen Bayliss-Byrne, P.Dt CDE

“One of the ways I find my healthy is by getting organized every week before buying groceries by planning a menu that includes all the fresh vegetables to be used in the first three to four days. This reduces food waste, which is very important to me. I also prep most of the fresh foods so they are ready to use in a recipe. I like to prepare breakfast options and lunch options on Sunday to manage my time during the work week.”

For some healthy breakfast ideas, visit [www.cafconnection.ca/Halifax/Adults/Health-Wellness/Health-Promotion/Resources-Links/Core-Break-fast-Recipes.aspx](http://www.cafconnection.ca/Halifax/Adults/Health-Wellness/Health-Promotion/Resources-Links/Core-Break-fast-Recipes.aspx).

## Quality over quantity - CPO2 Adam Holloway

“I find my healthy by selecting quality ingredients that I can incorporate into a healthy meal plan. I find it difficult at times to establish a solid routine when balancing a busy work schedule with my home life, sometimes causing stress levels to elevate. Time management is critical when balancing two worlds and sometimes we make unhealthy choices when time is a factor.

Five things I do for mission success:

- Create a meal plan each week (this is key to fast easy meal preparation).
- Prepare meals using whole or minimally processed food (read ingredients list).
- Choose recipes with plenty of vegetables and fruit (research calorie count).
- Eat smaller meals more often (prepare ahead of time).
- Avoid sugary beverages and drink water.

These five steps helped me introduce the nutrients I needed to maintain good mental and physical health. I have concluded that investing in yourself is key to unlocking a more productive and healthier you.”

## Listen to your body - Madison Walsh MPH, P. DT

“I find my healthy by listening to my body and practicing mindful eating. I eat when I am hungry, stop when I am full, and choose a variety of foods that I enjoy eating.”

There are many apps to help cultivate mindfulness such as Am I Hungry, Mindful Bite, and In the Moment.

## Make it a family activity - CPO2 Tari Lightwood

“Food might very well be the foundation of our family. We have found our kids, now 12 and 9, to have a very positive attitude towards food, likely owing to

the fact that we have included them in the kitchen during meal prep since day one and we have always sat down to eat together as a family. We constantly introduce new foods and flavours and discuss what we like or don’t like about them, and we also discuss the nutritional value of what we consume. We include the kids in our weekly meal planning, food prep and cooking. Food is fuel for our bodies, certainly, but the dinner table is also the place to really hear what’s going on in each other’s lives.”

For more information and resources on managing family meals, check out [www.unlockfood.ca](http://www.unlockfood.ca)

## Do your research - Cpl Carol Chan

“I find my healthy by watching a lot of shows and videos related to food around the world, which in turn inspires me to find new ingredients to cook something fresh and exciting.”

As for recipes, I liked the recipe for Vietnamese Chicken and Rice Noodle Salad from [www.cookspiration.com](http://www.cookspiration.com) and the Vegetarian Chinese Egg Fried Rice from the Dietitians.ca Nutrition Month recipe e-book, found here: [www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources](http://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources)

## Make Food Fun - Cpl Emilie LaBrie

“I find my healthy by leafing through my hilarious sassy vegan cookbook. I’m not actually vegan, but the cookbook is so entertaining that it makes finding new delicious recipes fun. So that would be my main suggestion – find a way to make it fun – but also, don’t be scared of switching it up and trying out a vegetarian or vegan recipe. I’m excited to try out a recipe for tomato and white bean soup with rosemary garlic oil – it’s going to be epic.”

Check out other vegetarian recipes on [www.vrg.org](http://www.vrg.org) or [www.pulse.org](http://www.pulse.org)

For even more information, go to [www.nutrition-month2021.ca](http://www.nutrition-month2021.ca)

# The power of forgiveness

By Padre Capt Brenda Zwicker,  
Fleet Chaplain Office



Have you ever been told you need to forgive someone and thought ‘fat chance – that person doesn’t deserve it after what they did.’ Maybe they don’t actually deserve it, but maybe you do. Forgiveness may be just what you need to let go of pent up anger and bitterness and start living your life in freedom from that pain. Forgiveness is hard work, but there are proven benefits from breaking free from the hurt.

Some people miss out on the power of forgiveness because they don’t really understand what forgiveness is and isn’t. Forgiveness is never about excusing or condoning another person’s behaviour. Forgiveness does not mean

you have to reconcile with the perpetrator, or even look at them again; you can forgive, while still choosing not to have any further relationship with this person. Forgiveness also does not mean that someone won’t be held accountable for their actions. They may still go to jail, or be disciplined and have to pay a penalty.

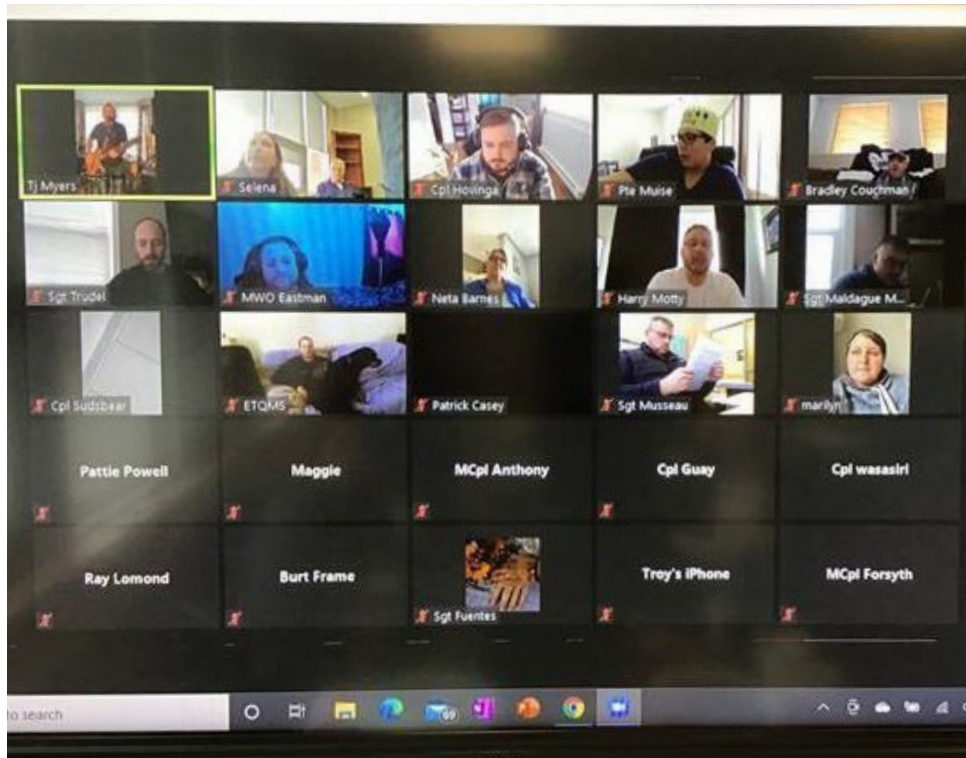
So, what is this power to forgive? Dr. Robert Enright wrote several books on forgiveness and he oversees a website at <http://internationalforgiveness.com>. On this site he writes, “Physically forgiveness creates a higher quality of life, a healthier body, and a more positive attitude. It can reduce anger, bitterness,

resentment and depression.”

There are lots of studies to back up these claims. Keeping the pain locked up inside from wrongs done to you can make you sick.

While forgiveness is definitely a huge teaching in the Christian Bible and the main purpose of the life of Jesus, forgiveness is very much for everybody. No one gets through life without being wronged and needing to work through the act of forgiveness. Forgiveness is often very difficult, but if you choose to try, you can free yourself from toxic emotions that harm your health and keep you trapped in a moment that should never have happened.





# Virtual birthday bash for Logistics Service

The Royal Canadian Logistics Service (RLCS) celebrated its 53rd birthday on February 1, 2021. The Canadian Forces Logistics Service is a dynamic and evolving branch of the CAF tasked with providing effective logistics support to combat operations in all aspects of the CAF. The RLCS is made up of several occupations, including vehicle technicians, traffic technicians, human resources administrators, mobile support equipment operators, and many more. On January 29, the CFB Halifax Base Logistics Entertainment Committee hosted a virtual concert and birthday party via Zoom to mark the occasion. This virtual celebration included a birthday cake cutting ceremony and musical entertainment from TJ Myers.

SUBMITTED

# Face of Base: S2 Saif Morsy

By CFB Halifax Public Affairs

Meet this week's #FaceofBaseHFX: S2 Saif Morsy! Born in the United States, raised in Ontario and of Egyptian heritage, S2 Morsy is a young Defence Team member passionate about diversity, inclusion and accessibility—a passion reflected in his work with the Maritime Forces Atlantic (MARLANT) Defence Visible Minority Advisory Group (DVMAG). An avid powerlifter, Saif works as HMCS *Montréal*'s photographer and assistant unit public affairs representative. His career highlights have been completing NTOG's first East Coast Naval Boarding Party course, completing a rescue swimmer course and working with *Montréal*, Maritime Forces Atlantic and the Royal Canadian Navy on photography and public affairs work.

Last summer, S2 Morsy reached out to DVMAG Champion, the CFB Halifax Base Commander, after his call for greater participation within the local Defence Advisory Group. Saif decided to get involved due to a personal desire to initiate institutional change after experiencing instances of racism in the workplace. With support from NTOG staff and his HMCS *Montréal* chain of command, the young sailor courageously shared his experience with senior leadership in an effort to identify and combat systemic racism within the larger Defence community. This, in turn, led him to volunteer with DVMAG, where he now supports awareness-raising efforts, speaks about hateful conduct and shares his lived experiences to help promote open dialogue and actionable solutions to help break down barriers to inclusion.

S2 Morsy loves being part of DVMAG: "Everyone involved with this group is incredibly supportive and has a clear passion to help others and make the Defence community a more inclusive organization." Saif wishes that all his Defence Team colleagues and friends have the opportunity to take care of themselves and each other, while also reaching out and seeking support as much as possible, especially when it comes to issues of racism, inequality and mental health during this time of increased isolation. Bravo Zulu S2 Morsy for your courage, leadership and passion for making our community a safer, more inclusive place!

Under the umbrella of MARLANT Defence Advisory Groups, DVMAG provides advice and insight to DND/CAF leadership on issues relevant to visible minority #DefenceTeam members, and to the effective implementation of employment equity. This group of dedicated volunteers assists in policy development related to recruitment, retention and training, coordinates action plans and organizes outreach initiatives. DVMAG also identifies systemic employment barriers and recommends actionable solutions, shares educational tools and promotes maximum participation in self-identification, effectively empowering visible minority Defence personnel to share their lived experiences and histories as a way of fostering positive organizational change. Are you looking to get involved with DVMAG? Email [Halifax.DVMAG@forces.gc.ca](mailto:Halifax.DVMAG@forces.gc.ca) to know more. Membership is open to all Defence Team members.



S2 Saif Morsy

SUBMITTED





# SPORTS & FITNESS



## How to train your wrists properly

By Jessie Thibeault,  
Fitness and Sports Instructor, PSP Halifax

When people think about wrist training, they usually think of strengthening their grip in a closed-hand position. This is good for rock climbing, powerlifting, and olympic weightlifting, among other activities, but every sport has its own demands on the wrist, which may necessitate different types of training.

In boxing for example, athletes need to brace their wrists in a neutral position to transfer their energy into a punch. Now think of a hockey player shooting with his stick – they need a fast acceleration in pronation with their wrist at the end of the movement. Gymnasts also have totally different wrist requirements, and for movements like a handstand, they require strength and control in a wrist extension position.

Now let's talk about the wrist itself. This is a fragile joint because of its structure, being held together by

ligaments and tendons without a lot of muscles crossing it. We can do six different movements with our wrist, known as pronation, supination, ulnar deviation, radial deviation, flexion and extension. Our wrists should be able to resist traction and compression without any pain, and sometimes pain can indicate a lack of strength or mobility.

It is important to ask yourself what your specific needs are in training your forearm. First, find the movement you need to be strong at, then choose your exercises for your specific sport or needs. Don't forget to progress the difficulty of the exercises as you improve, and know it's always good to have a strong base in all the wrist movements to prevent injuries.

Feel free to contact our PSP Halifax team for further instruction or specific programs.



*Different activities put different types of stress on the wrist. Training your forearm for hockey, for example, would likely require a different approach than training for rock climbing or powerlifting.*

RYAN MELANSON, TRIDENT ARCHIVES

## CFB Halifax Curling Club invites units and new curlers

By Trident Staff

The CFB Halifax Curling Club in Windsor Park recently celebrated its 50th anniversary, and though health restrictions mean the club is still operating under a number of special protocols, they aren't letting that get in the way of enjoying the remainder of the curling season.

The club's regular leagues, draws and games resumed on January 25 for seasoned curlers, and a new program is also offering an introduction to the sport for beginners. The Curling Academy begins on Saturday, March 6, and registration is currently open. It's a six-week course, held on Saturdays from 2-4 p.m., meant to introduce new curlers to the rules of play and basic techniques, getting them ready for recreational leagues or to just play for fun. There's a \$120 fee to enroll, with a 20 percent discount for current CAF members

and DND employees, as well as a 7 percent discount for retired CAF members.

Curling Club Manager Floyd Otto noted he's also putting the word out to local units to book their unit bonspiels – there's plenty of ice slots available through April and March, and the club can arrange for instruction or clinics for if interested. Units need only to cover the fee for equipment rentals; ice time is provided free of charge.

"We can get units out there to have some fun, we can teach them how to curl, whatever they'd like to do. It's a big part of what we do and we're open for anyone who's interested," Otto said.

Phone 902-455-1444 or e-mail [cfbhfxcurling@eastlink.ca](mailto:cfbhfxcurling@eastlink.ca) for more information. Masks are required inside the facility and while curling.



## Morning run at sea

*A member of HMCS Moncton runs laps around the ship for exercise while deployed on Operation CARIBBE on February 8. The crew also has a small make-shift gym on board, and uses exercise to stay healthy and break up the day-to-day routine while sailing.*

OP CARIBBE IMAGERY TECHNICIAN





# CFB Halifax Sports Recognition Awards

By PSP Halifax

Though limits on social gatherings meant PSP Halifax was unable to hold the 18th Annual CFB Halifax Sports Recognition Awards in 2020, that doesn't mean the winners are any less deserving of being acknowledged for their hard work and contribution to military sport. The unveiling of the 2020 award winners began on social media in December, and recently wrapped up, with all winners now announced. Visit [Facebook.com/PSPHalifax](https://www.facebook.com/PSPHalifax) for the full list of 2020 winners. Formal, in-person presentations of these awards and trophies will take place at a later date once in compliance with any public health regulations.



**Shearwater Old Timer's Hockey - Alexander Keith's Award for Formation Team of the Year**

Labatt Breweries of Canada sponsors the Alexander Keith's Award that is presented annually to the Formation Halifax Team of the Year. With the cancellation of all CAF Sports for a majority of 2020 due to the pandemic, this year's selection was based solely on the results of CAF Championships held in January, February and March prior to the shutdown. Congratulations to the 12 Wing Shearwater Old Timers Hockey Team. After sweeping through robin play at the 2020 Atlantic Regional OT Hockey Championship, the Shearwater Flyers entered the playoffs in 1st place. Their dominance continued where they earned a 7-1 Semi-final win over 14 Wing Greenwood and a 4-1 Championship victory over CFB Halifax to sweep the tournament and earn the gold medal. The Flyers lit up the scoreboard in the process, outscoring their opponents 29-6.



**Rob Sneath Memorial Award - Christopher Lien**

The Rob Sneath Memorial Award is presented annually to an individual that goes above and beyond in their contributions to PSP and the sports program at CFB Halifax. Christopher Lien has devoted many hours to help grow the sport of squash at CFB Halifax. He has assisted PSP with the recruiting of players, purchasing of equipment, court rentals, and completion of tournament draws for CAF Atlantic Regional Championships. As a member of the CFB Halifax Squash Team, he has helped the team win multiple overall team gold medals in CAF competition as well. Congratulations Chris and thank you for your dedication to the CFB Halifax Sports program.



**COTW/COTF/Wing Cup winners - FMF Cape Scott/CFMWC, HMCS Toronto, and Fleet Diving Unit (Atlantic)**

The Cock of the Walk (CFB Stadacona), Cock of the Fleet (HMC Dockyard), and Wing Cup (12 Wing Shearwater) competitions are hotly contested each year. Units and combinations of Units compete against each other in various sports/events to earn points that are accumulated over the competitive season. The Team with the most points at the end of the season earns the trophy and a cheque for \$1000 from our sponsors. The Unit(s) with the highest point total across all three competitions earns the extra distinction of being named the MEGA winner. Congratulations to the winning Units and thank you for supporting your local sports program!