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TRIDENT

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Remembrance Day in Halifax

Members of the public joined military personnel, veterans, public officials and others in large numbers across the Halifax region on November 11, as Remembrance Day ceremonies returned after a focus on virtual tributes and small gatherings in 2020. Here, sentries stand guard at the Cenotaph following the ceremony at the Halifax Grand Parade Square.

S3 TAYLOR CONGDON





A team of divers from Fleet Diving Unit (Atlantic) have started preparing for this year's Navy Divers Run in support of the Christmas Daddies Telethon.

MONA GHIZ, MARLANT PA

Navy Divers prep for annual holiday fundraising run

By Joanie Veitch,
Trident Staff

Members of Fleet Diving Unit (Atlantic) are feeling the holiday spirit a little early as they ready for their 39th annual Navy Divers Run to raise money in support of the Christmas Daddies Telethon.

While COVID-19 continues to challenge plans for in-person events, FDU(A) personnel are using technology and ingenuity to find new ways to keep the tradition going.

Unit members will still be running 50 kilometres on December 4, but instead of doing one long 50-km route, they've added a twist.

Working in teams of three, one member will run laps around their unit's building and parking lot, while a second member does a workout and a third swims in the harbour — wearing a wetsuit, of course, said S1 Mike Burke, who will be taking part in the event for the first time this year.

"There's a lot of excitement here in the planning for this event. It's such a huge tradition for us as divers, it's something

we really look forward to," he said. "It's such a great opportunity to give back to our community. It's been a hard go for so many people over the past couple of years, it feels good to be a part of this."

Since their first fundraising efforts in support of the Christmas Daddies telethon, back in 1983, FDU(A) members, and their families, have collected nearly \$335,000 in donations through the Navy Divers Run.

Their contributions add up to more than a million dollars after adding in the amounts collected in bids at the Christmas Daddies auction for the MK5 brass diving helmet — a much-coveted returning item the unit donated in 1985.

Despite restrictions last year due to COVID-19, the unit still managed to raise \$10,000 by setting up a Go Fund Me page for donations.

In some ways, the challenges of dealing with COVID-19 have helped spur an "evolution" of how the unit raises money, said LCdr Neville Lockyer, Com-

manding Officer at FDU(A).

"The pandemic has changed the way we interact with the public but now with electronic means, we're able to use things like Go Fund Me and social media to fundraise, and people can e-transfer their donation easily. In many ways, it will help bring our efforts to more people," said LCdr Lockyer.

Along with the activities that will be happening at the unit on December 4, members of FDU(A) will be showing the Navy Diver spirit at some other locations around Halifax Regional Municipality. Expect to see members on stationary bikes at Alderney Landing, Halifax Waterfront, near Murphy's, and the Dartmouth Crossing pavilion.

"Every year, getting ready for our Christmas Daddies fundraiser kicks off the Christmas season for us. We're a family here at Fleet Diving Unit, but this event brings us even closer. It's a special event and the fact that it's such a long-standing tradition makes it even more special," said LCdr Lockyer.

The Christmas Daddies telethon has been a holiday tradition since 1964. Run by a not-for-profit organization, Christmas Daddies raises money to buy gifts for children, including toys and food. Last year's event helped more than 14,000 Maritime children and families.

To support Christmas Daddies and the Navy Divers Run, visit gofundme.com/f/NavyDivers2021. The 58th Annual Christmas Daddies Telethon will be broadcast on December 4 from 11 am to 6 pm on CTV with a livestream on the web at atlantic.ctvnews.ca.





The Stadacona Band's Director of Music, Lt(N) Brad Ritson, conducts the band during the When Duty Called concert.

S1 BRYAN UNDERWOOD



World War Two veteran and Camp Hill resident Irene Nash participated in the concert, reciting Samuel Hazo's poem titled Each Time You Tell Their Story.

S1 BRYAN UNDERWOOD

Veterans' Week concert pays homage to service and diversity

By Joanie Veitch,
Trident Staff

The Stadacona Band of the Royal Canadian Navy presented When Duty Called on Sunday, November 7 at the Spatz Theatre in Halifax — marking the 20th iteration of the Veterans' Week concert and the band's first live concert since the pandemic shut down all public gatherings last year.

Playing to a full house of more than 600 attendees, with more tuning in via Facebook live, the performance offered a new take on the traditional 'Til We Meet Again concert.

"After last year's concert needed to be virtual, we are so thrilled to be able to return here today, in person, and we are excited for the band's newly re-imagined vision for the concert," said Heather White, director at Camp Hill Veterans' Services. The concert is presented each year in partnership with the Camp Hill Veterans Memorial Building.

With special guests DeeDee Austin, a young singer-songwriter from Fall River, NS, and Irene Nash, a Second World War veteran, this year's concert honoured the many Canadians who have served their country, in particular highlighting the service of those who have not always received the recognition they deserved — Indigenous veterans, African Canadians and the many women who took on critical roles — both on the front lines of war, in peacekeeping missions and at home in Canada on domestic operations.

"This 20-year milestone is an appropriate time to witness a re-imagining of the concert, which — thanks to the Stadacona Band's vision and creativity — maintains the essence of the original show, while incorporating new and diverse music and perspectives," said Captain (Navy) Sean Williams, Base Commander of CFB Halifax in

his remarks to the audience.

Capt(N) Williams also took a moment to acknowledge the person who first envisioned an annual concert during Remembrance Week, LCdr (Ret'd) Pat Jessup, who was in the audience. "Many thanks for your efforts in dreaming up this well-loved concert two decades ago."

Before the performance began, Honorary Captain (Navy) Debbie Eisan, who spent 36 years in the RCN, held a smudging and prayer ceremony, taking the time to explain its significance in purifying and cleansing the space and offering a blessing to the people within it.

DeeDee Austin, accompanied by the Stadacona Band and Mi'kmaq Drummers, performed two of her own pieces: a moving rendition of Buried Truth, a song she wrote in homage to her great-grandmother about the trauma

caused by the residential school system, and a debut performance of Call of Duty, commemorating the service of all veterans. Both pieces were arranged by S1 Jack Brownell, a member of the Stadacona Band.

Through music and video projections on a large screen above the stage, the event paid tribute to veterans — both of the past and in recent years — highlighting the Women's Royal Canadian Naval Service (WRCNS, also known as the Wrens) for their efforts during the Second World War and the contributions of Black Canadians who served in the the No. 2 Construction Battalion in the First World War, as well as honouring military members who have died in service in recent decades.

When Duty Called is available for viewing on the CFB Halifax Facebook page at facebook.com/BaseHalifax

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Painting links two historic voyages through Northwest Passage

By Elizabeth Murray

British Columbia marine artist John Horton could not have imagined his painting of the Franklin Expedition's HMS *Erebus* would one day hang aboard HMCS *Harry DeWolf*.

Harry DeWolf sailed into Vancouver Harbour on October 1 having completed the first Northwest Passage transit of a Canadian Naval vessel since 1954.

In 2014, inspired by discovery of the wrecked Franklin ship, Horton painted a rendition of HMS *Erebus* which unexpectedly would have special significance to *Harry DeWolf*'s Commanding Officer, Commander Corey Gleason, and his crew. Horton recently presented his painting to the ship's company at the end of a three-day RCN *Canadian Leaders at Sea* (CLaS) outreach program in which he participated.

Horton was invited to join a group of 15 prominent Canadian community leaders from across Canada who boarded Canada's newest warship at Lower Lonsdale's Burrard Dry Dock Pier in North Vancouver and sailed in her to Victoria's Ogden Point.

It is interesting to note that the famed RCMP St. Roch,

the first Canadian vessel to sail through the Northwest Passage, was built at the same Lonsdale location in 1928.

This brand new Arctic and Offshore Patrol Ship is the lead ship of its class and one of six built or under con-

struction to ensure Canada's Arctic interests are secure. These patrol vessels are designed to operate anywhere in the world, but especially in first-year ice of up to 1.5 metres thick. Unlike ice-breaking vessels that normally operate only in icy waters, this new ship can operate in a wider range of conditions.



John Horton, left, presents his painting of HMS *Erebus* to Cdr Corey Gleason and the ship's company of HMCS *Harry DeWolf*.

CPL SIMON ARCANO

cluding search and rescue, fire-fighting, damage control and weapons firing.

On a personal level, John Horton's special interest in the Arctic prompted a rewarding conversation with Cdr Gleason where they discussed at length the ill-fated Franklin Expedition and how *Harry DeWolf* had followed Franklin's tragic path.

"Hearing how the ship anchored near the wreck sites, enabling visits to graves of the crew, was an unparalleled privilege", Horton said. "It was gratifying to learn that the ship's company of approximately 87 sailors had become fully engaged with the history of the 1848 Expedition and gained a huge respect for those who had gone before".

HMCS *Harry DeWolf* also called in at several hamlets, inviting leaders and community members aboard. This was all about strengthening relations with communities in the Arctic and developing meaningful commitments to the people of the North. From BC's South Coast, *Harry DeWolf* will transit the Panama Canal to complete a circumnavigation of North America and return to Halifax in December.

At the conclusion of this recent CLaS trip, participants were requested to involve their communities in furthering awareness of the important part played by the RCN in ensuring Canada secures its position and respect internationally.

To record this historic voyage, Horton is now working on a painting of *Harry DeWolf* in an Arctic setting.

New CO for HMCS Ville de Québec

From left, LCdr Andrew Tunstall, the incoming Commanding Officer, Cmdre Christopher Robinson, the presiding authority as Commander, Canadian Fleet Atlantic and Cdr Norman Gautreau, the outgoing Commanding Officer, sign the certificates during the Change of Command Ceremony for Her Majesty's Canadian Ship *Ville de Québec* outside the ship's shore office at 12 Wing Shearwater on October 12.

S1 BRYAN UNDERWOOD





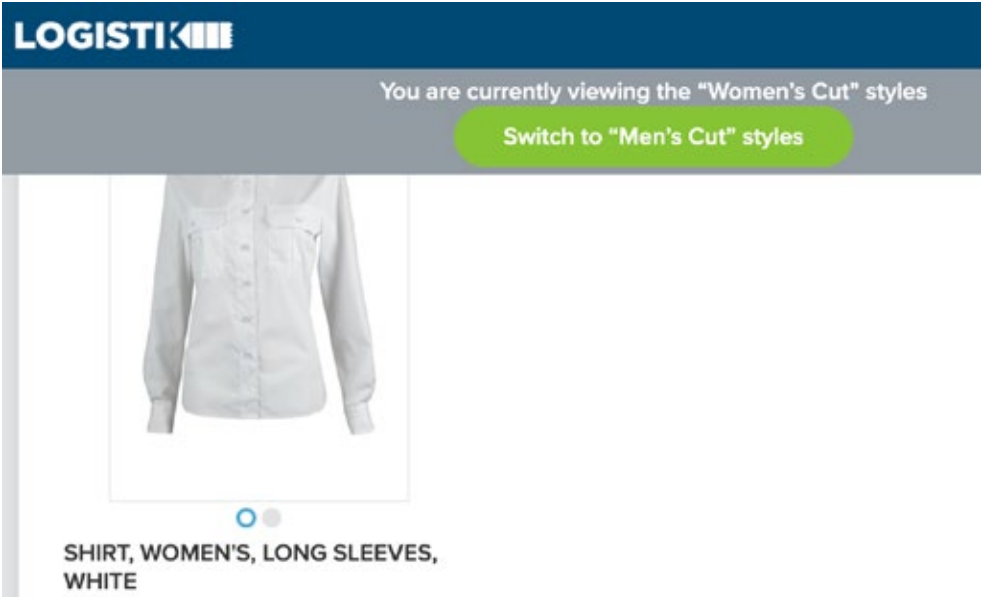
Military Division Medal awarded to Base Chief Petty Officer



CPO1 Mondelli, CFB Halifax Base Chief Petty Officer, participated in a virtual presentation ceremony of the Meritorious Service Decorations on November 8 during which she received the Military Division Medal. This medal recognizes a military deed or activity performed in a highly professional manner, according to a very high standard that brings benefit or honour to the Canadian Armed Forces. Her Excellency the Right Honourable Mary Simon, Governor General of Canada, as well as Acting Chief of the Defence Staff General Wayne Eyre were in attendance (virtually) to congratulate Chief Mondelli and all other recipients. CPO1 Mondelli received her medal at Base headquarters in the company of the Base Commander, her husband, and members of the Base Chief's staff.

Full award citation: Chief Petty Officer 1st Class Barbara Mondelli, M.M.M., M.S.M., C.D From January to August 2019, Chief Petty Officer 1st Class Mondelli was deployed to the Mediterranean as coxswain of Her Majesty's Canadian Ship Toronto. Her outstanding leadership and mentorship were critical in integrating and focusing the non-commissioned members of Standing NATO Maritime Group 2 towards diplomatic strategic objectives. Furthermore, her presentation on the joint Canadian Forces and NATO goal of gender equality across the ranks, which she delivered to the Ukrainian Military Academy, garnered significant attention and reflected favourably on the CAF.

CFB HALIFAX PUBLIC AFFAIRS



It is now easier for CAF members to choose their preferred style of clothing when ordering from Logistik Unicorp.

SUBMITTED

Clothing store updated to increase inclusivity

By LCdr (Ret'd) Michael McWhinnie

A small software update on a military clothing website is having a positive impact on Canadian Armed Forces (CAF) personnel across the country. Since 1993, Logistik Unicorp has provided clothing solutions to CAF for non-operational dress. Until recently, when navigating the website for clothing, personnel were presented with one of two menu options where items correspond to gender. Now, clients can toggle between the "male cut" and "female cut" menus to place an order. This change is part of a measured transition from 111 years ago when the Royal Canadian Navy (RCN) was established by the Naval Service Act in 1910. Men and women were issued separate and distinct clothing items. But things began to change in 2012 when the Naval Dress Committee authorized male-pattern Distinctive Environmental Uniform (DEU) pants for

wear by females. "The navy has always been an institution that values tradition, but it's evolving to be more responsive to the views of its members," says CPO1 Alden Darragh, Base Chief CFB Esquimalt. "Many women preferred the male pants and since then policies have advanced so that today females are also authorized to choose between two options for the peak cap (or bowler) and long sleeve DEU shirt." Changes were furthered in 2019 when a Women's Sub-Committee was added to the Naval Dress Committee to help shape policy based on the views of female personnel regarding design of "female cut" uniform items. "Although policy permits women to wear male pattern pants, shirts, or peak caps, prior to the Logistik website change members had to submit a mem-

orandum and have their online account updated to access those items. The [newest] change will reduce costs, time, and of course frustration," adds Chief Darragh. S1 Charmaine Davison-Peer is a member of CFB Esquimalt's Defence Team Pride Advisory Organization. She sees the change as a positive step towards inclusion for transgender and non-binary CAF personnel. "Broadly speaking, I think this change aligns well with the CAF's stated aim of fostering a more inclusive and diverse workplace. I know several colleagues who are members of the LGBTQ+ community within the military who are happy with the change and how it will facilitate their gender

expression." She also welcomes the Logistik Unicorp change herself. "As a female CAF member, the change impacts me in two ways. First, it makes my life simpler when ordering certain DEU items. But more importantly, it signals that the institution is trusting me to make appropriate choices based on my personal preferences." The new website function does have one flaw; it is now possible for personnel to order uniform items they are not authorized to wear. "Changes to the Dress Code are anticipated but members must always adhere to the current regulations that are in effect," says CPO1 Darragh.



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Padre's Corner: Together

By Lt(N) Padre Brad Sweet

If we think about who we are, each of us in his or her space and time; each of us at work at the Garrison in our units or divisions, we may be tempted to see just ourselves and our individual roles. We have our tasks and assignments from the Chain of Command and we come to work each day and complete our responsibilities as best we can.

We realise we have our talents and we may also see we have some weaknesses to work on. We are all like this. Each of us has talents and abilities that we use in our day-to-day work for the Canadian Armed Forces. We arrived in the CAF with these. We put these talents and abilities at the service of others for the better good of the country. And we did it with pride that we could be part of a greater good, greater than ourselves. In some corner of our being we recognised that we were able to offer something from deep within that was perhaps "useable" by our country in its service.

In order to succeed though, we quickly realised that we could not succeed at this on our own. It is not a CAF of any one individual. It is a combination, and the success of the CAF has always been its ability to draw on the talents of all its members, even if those talents may not have been publicly recognised. It is simply the personal knowledge that we have given our best, given our all, to help others and our country. In some place inside we have the knowl-

edge we have not just participated, but we have been an integral part of the success of this organisation. We have seen this in operations overseas and at home, in international crises as well as natural disasters within our provinces and homes.

It is never just any one person. It is not the work of one, but of all. All these talents that are at the service of each other, of the CAF, of the country, makes this a reality that we, me and you, are part of this story. Whether in deployed operations or at a remote unit in Canada or simply an assignment in a local base or garrison, we, you and me, are part of this success and we together, pooling our resources and talents, make for a greater good. Our talents, each one of us, has become then the basis of this success. We are not alone in our cubicle, or alone in our specialised vehicle, or alone on the ship's bridge at sea. We are together and making this possible for all of us and especially for our country. We work for a greater goal than ourselves; we are offering our talents to each other, and the complimentary nature of that service among each other leads to success for all.

No one in the CAF is alone.
It is together that we succeed.

La chronique de l'aumônier: Ensemble

Par Ltv (Padre) Brad Sweet

Si nous pensons à qui nous sommes, chacun de nous dans son espace et son temps; chacun de nous au travail à la garnison dans nos unités ou divisions, nous pouvons être tentés de ne voir que nous-mêmes et nos rôles individuels. Nous avons nos tâches et nos missions de la chaîne de commandement et nous venons travailler chaque jour et remplir nos responsabilités du mieux que nous pouvons.

Nous réalisons que nous avons nos talents et nous pouvons aussi voir que nous avons des faiblesses sur lesquelles travailler. Nous sommes tous comme ça. Chacun de nous possède des talents et des capacités que nous utilisons dans notre travail quotidien pour les Forces armées canadiennes. Nous sommes arrivés dans les FAC avec ces derniers. Nous mettons nos talents et nos capacités au service des autres pour le meilleur bien du pays. Et nous l'avons fait avec fierté de pouvoir faire partie d'un bien plus grand, plus grand que nous-mêmes. Dans un coin de notre être, nous avons reconnu que nous étions en mesure d'offrir quelque chose du plus profond de nous-mêmes qui était peut-être « utilisable » par notre pays à son service.

Pour réussir, nous nous sommes vite rendu compte que nous ne pouvions pas réussir seuls. Ce n'est pas un FAC d'un seul individu. C'est une combinaison, et le succès des FAC a toujours été sa capacité à puiser dans les talents de tous ses membres, même si ces talents n'ont peut-être pas été reconnus publiquement. C'est simplement la connaissance

personnelle que nous avons donné de notre mieux, donné tout ce que nous avons, pour aider les autres et notre pays. À un certain endroit à l'intérieur, nous savons que nous n'avons pas seulement participé, mais nous avons fait partie intégrante du succès de cette organisation. Nous l'avons vu lors d'opérations à l'étranger et au pays, lors de crises internationales ainsi que de catastrophes naturelles dans nos provinces et nos foyers.

Ce n'est jamais une seule personne. Ce n'est pas l'œuvre d'un seul, mais de tous. Tous ces talents qui sont au service les uns des autres, de la FAC, du pays, font de cela une réalité que nous, moi et vous, faisons partie de cette histoire. Que ce soit dans des opérations déployées ou dans une unité éloignée au Canada ou simplement une affectation dans une base locale ou une garnison, nous, vous et moi, faisons partie de ce succès et nous, en mettant en commun nos ressources et nos talents, faisons un bien plus grand. Nos talents, chacun de nous, est devenu alors la base de ce succès. Nous ne sommes pas seuls dans notre cabine, ni seuls dans notre véhicule spécialisé, ni seuls sur le pont du navire en mer. Nous sommes ensemble et rendons cela possible pour nous tous et en particulier pour notre pays. Nous travaillons pour un objectif plus grand que nous-mêmes, nous nous offrons nos talents les uns aux autres et la nature complémentaire de ce service entre eux mène au succès pour tous.

Personne dans les FAC n'est seul.
C'est ensemble que nous réussissons.

National Addictions Awareness Week

By PSP Health Promotion

National Addiction Awareness Week is just around the corner- Nov 21st to 27th.

According to the Canadian Centre on Substance use and Addiction, "it takes a wide range of perspectives and collective efforts to drive the needed change to shape a brighter future for people who use substances". People with lived and living experience of substance use and their families, addiction workers, mental health workers, and other healthcare professionals will come together with their passion and ideas to **Drive Change Together**, this year's theme. Below are just a few ideas on how you can drive the change...

Alcohol

- Volunteer to be the designated driver more frequently.
- Try to limit situations/events where you regularly consume alcohol.

Did you know...there are thousands of mental health and addictions professionals who provide support, programs, and services to Nova Scotians So please reach out to the Provincial Mental Health and Addictions Crisis Line 1-888-429-8167 if you need of help

Cannabis

- When selecting cannabis, avoid strains with high THC and low CBD. Instead, opt for low TCH or a higher ration of CBD to THC.
- Trying edibles? Start low and go slow. Edibles take longer to set in, so start with 2.5 mg and wait.

Gaming & Gambling

- Planning to game /gamble? Schedule an activity for right after, which can set a limit on the amount of time you have to spend
- When gambling do not bet more than 1% of your household income before tax, per month.

Did you know...Playing more than one or more slot machine(s) at a time, actually does not increase your chances of winning. Over time, the more you gamble, the more you lose.

For more ideas or to share ideas, check out <http://Cafconnection/Halifax/HP>



Active summer/fall for HMCS *Sackville*

By the Canadian Naval Memorial Trust

HMCS *Sackville*, Canada's Naval Memorial, returned to her summer berth on the historic Halifax waterfront in late June after an extensive hull refit and welcomed – amidst COVID-19 limitations – more than 27,000 visitors.

Commander Gary Reddy (ret'd), commanding officer of *Sackville*, reports that a number of activities and services were carried out during the summer and early fall, leading up to the ship's return to her winter berth in HMC Dockyard and observance of Remembrance Day.

One of *Sackville*'s significant duties is conducting committal of ashes services for veterans and family members and this year services were held in September and October. With the aid of tugs, *Sackville* transits to an area south of Point Pleasant Park and abeam of the Sailors' Memorial. For both services the ship's crew was supported by CFB Halifax Chaplain's Office, Queen's Harbour Master, fleet personnel and CNMT Trustees; the services involved the committal of 12 ashes.

"In August the ship participated

in Dervish'80 to recognize the 80th anniversary of Arctic Convoys to Murmansk and Arkhangelsk. The Russian Embassy's Deputy Chief of Mission, Vladimir Proskuryakov, was a guest and participated in the ceremony. It was great to have our veterans onboard to conduct the bell ringing ceremony," Reddy commented.

In October the Canadian Naval Memorial Trust participated in The Defence, Security and Aerospace Exhibition (DEFSEC) Atlantic at the Halifax Convention Centre and the *Sackville* booth attracted a good number of visitors.

While COVID-19 has placed limitations on hosting activities, the ship's crew is working on a return to the popular Friday lunches.

Captain (N) Bill Woodburn (ret'd), Chair of the Canadian Naval Memorial Trust noted that *Sackville* – the last of the Allies' 269 Second World War corvettes – will observe a significant milestone on December 30, the 80th anniversary of the ship's commissioning in Saint John, NB.



HMCS *Sackville* is shown alongside her summer berth adjacent to the Maritime Museum of the Atlantic.

SUBMITTED



NDWCC Leadership Breakfast a hit

Local defence team members came together in support of the 2021 National Defence Workplace Charitable Campaign (NDWCC) during a Leadership Breakfast at Juno Tower on November 1. This call to action event helps to raise awareness of the NDWCC. Thank you to the representatives from United Way Halifax and Health Partners who presented both virtually and in-person during the breakfast, and to all who attended!

The NDWCC provides Defence Team members with a direct line to donate to over 87,000 charities. While in-person events are limited this year, canvassing is still ongoing. Look out for your local canvassers and campaign ambassadors to support a great cause!

S1 BRYAN UNDERWOOD



The War Amps

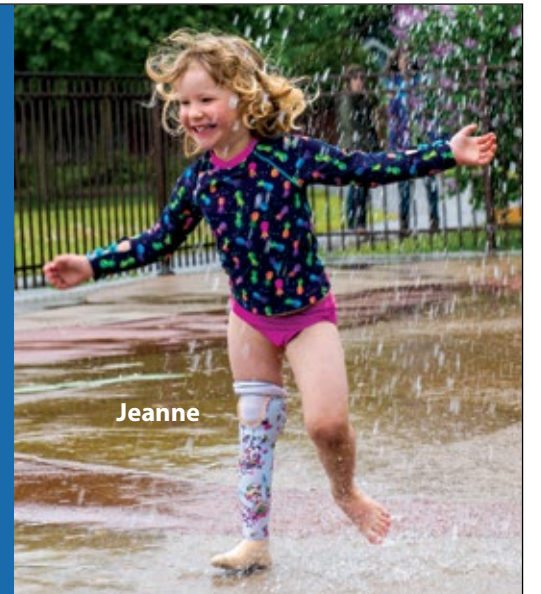
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Jeanne



Update to members of the CAF on the COVID-19 Vaccination Policy

By General Wayne Eyre,
Acting Chief of the Defence Staff



Gen Wayne Eyre

DND/MDN

I am proud of how you, our CAF members, have led the way in getting vaccinated. Our rates have been superb. After the initial CDS Directive on CAF COVID-19 vaccination, it is encouraging to see the numbers of CAF members who are fully vaccinated, and who have attested to their vaccination status continue to increase. As of November 4th, more than 95% of eligible CAF members have received their first dose, and 92% are fully vaccinated and between the Regular Force and the Primary Reserve close to 94% have attested to their status. The CAF remains committed to supporting Canadians, having recently completed operations in Alberta, and continuing to work hard in Saskatchewan and in Nunavut. I remain inspired by your selfless service to Canadians at home and around the world.

The pandemic still poses a serious threat to CAF operations on all fronts,

as we continue to see the spread of variants of concern throughout Canada and in theatres of operations, where many of you are currently deployed.

As an update to the initial CDS Directive on CAF COVID-19 Vaccination, I just issued a second directive to address the implementation of accommodations and administrative measures within the CAF. Specifically, CAF members are now being directed to be fully vaccinated unless they cannot be vaccinated due to a certified medical contraindication, religious grounds, or any other prohibited grounds of discrimination as defined in the *Canadian Human Rights Act*. This direction is to protect the readiness, health, and safety of the Force, the entire Defence Team, as well as members of the public we currently serve and who we may be called upon to support in the future. Remember, our role is to protect Canada and Canadians.

In the coming weeks those members of the CAF who are unable or unwilling to be vaccinated will be subject to accommodations or administrative measures. The directive clearly lays out what those accommodations or administrative measures will be. For those unwilling to be vaccinated, those administrative measures could culminate with a release from the CAF. The directive provides information on additional training materials and information sessions for members of the Defence Team who remain unvaccinated or who may have additional questions.

CAF success has always been predicated on teamwork. This remains a team effort to protect ourselves, Canadians, and our readiness and ability to serve at home and abroad. Thank you again for your outstanding support and please remember to continue to look out for one another.

Message à l'intention des membres des FAC pour faire le point sur la politique de vaccination contre la COVID-19

Par Le général Wayne Eyre,,
Chef d'état-major de la Défense par intérim

Je suis fier de la façon dont vous, membres de nos FAC, avez tracé la voie en vous faisant vacciner. Nos taux de vaccination sont excellents. Suivant la publication de la directive initiale, Directive du CEMD sur la vaccination contre la COVID-19 des FAC, il est encourageant de voir croître sans cesse le nombre de membres des FAC qui sont entièrement vaccinés et ont attesté de leur statut vaccinal. En date du 4 novembre, plus de 95 % des membres admissibles des FAC avaient reçu leur première dose du vaccin, et 92 % d'entre eux étaient entièrement vaccinés. De plus, au sein de la Force régulière et de la Première réserve, près de 94 % du personnel avait attesté de son statut vaccinal. Les FAC demeurent résolues à appuyer les Canadiens; elles viennent récemment d'achever des opérations en Alberta et elles poursuivent leur travail achar-

né en Saskatchewan et au Nunavut. Le service altruiste à la population canadienne que vous accomplissez au pays et dans le monde entier continue de m'inspirer.

La pandémie fait toujours peser une menace grave sur les opérations des FAC à tous les niveaux. En effet, nous continuons d'observer la propagation de divers variants préoccupants d'un bout à l'autre du Canada et dans les théâtres d'opérations, où bon nombre d'entre vous sont en déploiement à l'heure actuelle.

Dans le but de mettre à jour la Directive du CEMD sur la vaccination contre la COVID-19 des FAC, je viens d'émettre une deuxième directive portant sur la mise en œuvre de mesures administratives et d'adaptation dans les FAC. Plus précisément, nous recommandons désormais aux membres des FAC d'être entièrement

vaccinés, à moins qu'ils ne puissent pas se faire vacciner en raison d'une contre-indication médicale avérée, de motifs religieux ou d'un autre motif de distinction illicite prévu par la *Loi canadienne sur les droits de la personne*. Cette directive vise à protéger la disponibilité opérationnelle, de même que la santé et la sécurité de la Force, de l'Équipe de la Défense dans son ensemble et des membres du public que nous servons actuellement et que nous pourrions être appelés à appuyer à l'avenir. N'oubliez pas : notre rôle se résume à protéger le Canada et la population canadienne.

Au cours des semaines à venir, les membres des FAC qui refusent ou sont incapables de se faire vacciner feront l'objet de mesures administratives ou d'adaptation. La directive énonce clairement en quoi consisteront ces mesures administratives ou d'adapta-

tion. Pour les personnes qui refusent toujours de se faire vacciner, ces mesures administratives pourraient culminer avec la libération des FAC. La directive fournit aussi des renseignements sur le matériel de formation et les séances d'information additionnels à l'intention des membres de l'Équipe de la Défense qui ne sont toujours pas vaccinés ou qui pourraient avoir d'autres questions.

Depuis toujours, le succès des FAC va de pair avec le travail d'équipe. La tâche d'assurer notre protection et celle des Canadiens, de même que notre disponibilité opérationnelle et notre capacité de servir, tant au pays qu'à l'étranger, demeure un travail d'équipe. Je vous remercie une fois de plus de votre appui extraordinaire, et n'oubliez pas de continuer de vous serrer les coudes.



SPORTS & FITNESS



Go For Green: Pilot project looks to boost fleet fitness

By Joanie Veitch,
Trident Staff

For most of us, the hardest part of getting fit is finding the motivation to get started. The second hardest part? Keeping it up when life and work get busy, because life and work inevitably will get busy.

But what if a regular fitness routine is part of your work schedule?

Three units at CFB Halifax are taking part in a pilot project that's looking at how a targeted approach to physical fitness — with leadership support — can pay off in terms of the unit members' overall health.

The project, Go For Green, is being run by Personnel Support Programs (PSP) Fitness and Sports in partnership with Health Promotion. Working with the members of each of the three units — Trinity, HMCS *Margaret Brooke* and Real Property Operations Group (RPOU) (Atlantic) — PSP staff are running fitness sessions three times a week, during each unit's regular work schedule. There's also an option for members to do make-up sessions or extra workouts on their own, recording them via an online tracker.

For Sergeant Charles Stephen, who's served in the CAF for 24 years and works at Trinity, the chance to get back into a regular fitness routine couldn't come fast enough. Up until a couple of years ago, Sgt Stephen ran three times a week and regularly cycled up to 30 kilometres or more. Staying fit had never been difficult for him.

"In 2018, I was in the best shape of my life. Then I took a posting up north and then we ran into COVID and, well, my fitness started to decrease pretty fast after that," he said.

Now with two young children at home — a two-year-old and a five-year-old — and a partner who works shifts, taking time for a regular fitness routine is challenging. "I find it harder now to organize my time to fit it in, so having the structure of regular workouts when I'm at work is a huge benefit," he said.

The idea for the Go for Green project grew from a fitness partnership with HMCS *Charlottetown* a few years

back. Building on the success of that program, PSP Health Promotion staff conducted surveys and focus groups with military members at CFB Halifax and "overwhelmingly" the response was that people wanted to find ways to be more active, and to feel supported in their efforts, explained Joy Geizer, a health promotion specialist with PSP.

Taking guidance from the Maritime Forces Atlantic Active Living Injury Prevention working group, PSP staff from Reconditioning, Health Promotion and Fitness and Sports devised a progressive physical training program, tailoring the activities and schedule to fit the needs of each of the units in the project.

The participating units were chosen based on a number of factors, such as an organization's overall fitness level — using pre-pandemic data from the FORCE test results for each unit — and if their schedule would allow participation throughout the year-long project.

"When you're doing any kind of health and fitness program with the Navy, deployments always factor in," Geizer said. "We wanted to structure it as a progressive program so we were aiming for a group who are at a lower fitness level — orange or yellow — and through a consistent and targeted approach move the entire unit into the green zone."

Leading up to the September launch of the project, each of the three units were block FORCE tested and key health-related information was collected for baseline data that will be compared with data at the end of the project next summer.

Two months in, Sgt Stephen notes he's already seeing positive results on both a personal and professional level from the project. Proper buy-in and participation from the Command Team, along with some fun incentives and rewards, are also adding to a strong start across the unit.

"This is a fantastic program, I hope it causes a chain reaction and gets more units involved in the future," he said.



S1 Maude Lafortune and Sgt Charles Stephen take a short break from their yoga class being taught by PSP fitness instructor Deva Carr at the Fleet gym in Halifax. Both work at Trinity, one of the three units taking part in the Go For Green pilot project.

JOANIE VEITCH, TRIDENT STAFF

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Celebrating and honouring our local defence team with the HFX Wanderers

By Elizabeth Sharpe,
CFB Halifax Base PA Intern

The overcast skies and periods of rain on October 23 certainly didn't dampen the mood at the Wanderers Grounds in downtown Halifax as the Halifax Wanderers Football Club (HFX Wanderers) hosted a Department of National Defence (DND) Appreciation Match.

This special event, meant to honour the service of Defence Team members both at home and abroad, was the second DND Appreciation Match since the Wanderers' inaugural season in 2019.

It all began with a pre-game ceremony featuring the Stadacona Band of the Royal Canadian Navy, a tri-service colour party with their elemental flags and the two teams, coaches and referees. After the anthem of the Canadian Premier League played, there was a moment of silence in honour of the HMCS *Kootenay* disaster, as the match took place on Kootenay Day. Two *Kootenay* survivors, Capt(N) (Ret'd) John Montague and CPO1 (Ret'd) Shawn Halsall, were in attendance to witness this poignant acknowledgment of their service and sacrifice. The Stadacona Band then performed O Canada, followed by the ceremonial coin toss which was attended by the CFB Halifax Base Commander and his family.

Local defence team members and loyal (and rowdy!) HFX Wanderers fans cheered on the team from the stands as they played a tough 90 minutes against the Forge Football Club from Hamilton, Ontario.

Our defence team's presence was visible throughout the Wanderers Grounds, with volunteers from the Halifax and Region Military Family Resource Centre (H&R MFRC) collecting donations at the gates prior to the game and at an activation space behind the grandstands.

This space consisted of a Textron Tactical Armoured Patrol Vehicle (TAPV) supplied by 5th Canadian Division and a range fire truck from Canadian Forces Ammunition Depot Bedford. Adults and children alike enjoyed the opportunity to view these military attractions and get some photos with the vehicles, Army personnel and civilian DND firefighters.

Two Canadian Armed Forces furry friends also joined in on the fun. SONAR, the Royal Canadian Navy mascot and Juno, the Canadian Army mascot attended the match with their buddy Rover, the official HFX Wanderers mascot. The three pals wandered the grounds meeting fans, hanging out with families and being their silly selves. The crowd loved seeing all three mascots together, and having SONAR and Juno join Rover for traditional game moments like the tee shirt blitz with Q104 Halifax radio station was a fun addition.

To top it all off, the crowd was treated to an incredible performance by the 12 Wing Shearwater and 14 Wing Greenwood Pipes and Drums during the halftime period of the game, which included some traditional tunes and a lively rendition of Queen's 'We Will Rock You.'

In the end, the HFX Wanderers played a great game which – despite a big scoring opportunity in the final minutes of the match – resulted in a 0-0 draw. CFB Halifax would like to extend a huge thank you to the HFX Wanderers on behalf of the entire local Defence Community for hosting such a meaningful appreciation match. We can't wait to get together with this lively team again in the future!



The Halifax Wanderers and The Forge FC on the field during the DND Appreciation Match on 23 October.

MONA GHIZ, MARLANT PA

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From left, Capt(N) (Ret'd) John Montague, with mascots Rover, SONAR, and Juno, along with Retired CPO1 (Ret'd) Shawn Halsall.

MONA GHIZ, MARLANT PA



Brazilian Jiu Jitsu at 12 Wing Sports Day



PO2 Greg Fillmore provides instruction during Brazilian Jiu Jitsu at the 12 Wing gym.
CPL MITCHELL PACQUETTE



12 Wing Shearwater held a Sports Day for members on October 29, with additional activities to add to the larger CAF Sports Day that took place a week earlier. Sports included ball hockey, softball, volleyball, soccer and more, including a session hosted by the 12 Wing Brazilian Jiu Jitsu club.
CPL MITCHELL PACQUETTE



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