



TRIDENT

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Celebrating the season with shipmates



The ship's company of HMCS Montréal held their annual Christmas dinner in late November, decorating the messes and getting dressed up for the occasion. Thanks to COVID-19 vaccinations and careful safety measures, small unit holiday functions were able to be held across MARLANT this year prior to the holiday leave period.

S1 SAIF MORSY



International Day for Persons with Disabilities: Removing stigmas and promoting understanding

By RCN

For Sailor 1st Class (S1) Matthew Raniowski, December 3 – the International Day for Persons with Disabilities – was a day to be marked across the entire Royal Canadian Navy (RCN) family, and the Canadian Armed Forces (CAF) and Department of National Defence (DND) as a whole.

It is estimated that more than two per cent of serving military members and over six percent of DND employees currently have some type of permanent disability. Frequently, the disabilities of CAF members originate from injuries incurred as a direct result of their service to Canada during operations and training. These men and women continue to serve their country with pride and commitment.

As the National Military Co-Chair of the Defence Advisory Group for Persons with Disabilities, S1 Raniowski says that his group is essential in helping policymakers understand how the decisions they make can be effective and inclusive to all persons.

“Our voices will be heard by the people developing and implementing the systems, resources and tools that help us build accessibility and equity into our workplaces,” he says.

Throughout the day, members of the RCN Team are encouraged to examine our shared responsibility to better understand disabilities, and promote the rights and well-being of persons with disabilities in our communities. It is hoped that open, honest and engaged dialogue will allow us to examine our own unconscious biases in order to break down barriers, challenge stigma, and promote awareness and understanding.

S1 Raniowski says that sometimes

people with disabilities feel they can’t speak out for fear of stigma or exclusion.

“Many CAF members don’t seek help from their medical or mental health teams for fear of losing their jobs. Seeking help is a sign of strength and resilience, not shame. Seeking support from a colleague is not a sign of weakness, but of courage.”

S1 Raniowski, along with his co-chair Lana Costello, work diligently to address the questions that are brought to them.

“We are invited to join committees and working groups that need our diverse perspectives. We can also help provide information about the tools, resources and policies that have been developed. Since the Accessible Canada Act came into force in 2019, ways to implement it have begun to develop. Teams have been gathered in every branch of government to ensure that barriers to services and employment are reduced or removed.”

He also wants to reach out to people with disabilities, or who support a family member with a disability.

“We are here for you. If your workplace has barriers that need to be addressed, we are here for you. If you witness micro-aggression and harassment in your workplace, we are here for you. If you wish to be an ally for your colleagues, and want to help guide the culture change that is already under way, we are here for you.”

This year’s theme for the International Day for Persons with Disabilities is “Courageous conversations for a more equitable, diverse, inclusive and accessible future.”

“This theme invites us to empow-

er change through open, honest and engaging dialogue,” says Len Bastien, Defence Champion for Persons with Disabilities. “This may include having difficult or uncomfortable conversations that allow us to reflect on our own unconscious biases, remove barriers, challenge stigma, and promote awareness and understanding. Inclusive and accessible work environment and practices enable us to tap into the rich diversity of talent within our Defence Team.”

Events will be held across CAF/DND to highlight this important day and

to increase awareness of gains to be derived from the integration of persons with disabilities into every aspect of political, social, economic and cultural life.

The International Day for Persons with Disabilities was established by the World Programme of Action concerning Disabled Persons and adopted by the United Nations’ General Assembly in 1982. It aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities.



Sailor 1st Class Matthew Raniowski and Lana Costello, National Co-Chairs of the Defence Advisory Group for Persons with Disabilities.

Le matelot de 1re classe Matthew Raniowski et Lana Costello, coprésidents nationaux du Groupe consultatif de la Défense pour les personnes handicapées.

RYAN MELANSON, TRIDENT STAFF / ÉQUIPE DU TRIDENT

Journée internationale des personnes handicapées : éliminer les stigmates et promouvoir la compréhension

Par MRC

Pour le matelot de 1re classe (Mat 1) Matthew Raniowski, le 3 décembre, la Journée internationale des personnes handicapées, est une journée importante qui concerne toute la famille de la Marine royale canadienne (MRC), ainsi que l’ensemble des Forces armées canadiennes (FAC) et du ministère de la Défense nationale (MDN).

On estime que plus de deux pour cent des militaires en service et plus de six pour cent des employés du MDN sont actuellement atteints d’une invalidité permanente. Il arrive souvent que les handicaps chez le personnel des FAC soient attribuables à des blessures subies en service, au cours d’opérations, ou pendant l’entraînement. Les hommes et les femmes contribuent à servir le pays

avec fierté et dévouement.

À titre de coprésident militaire national du Groupe consultatif de la Défense pour les personnes handicapées, le Mat 1 Raniowski dit que son groupe est essentiel pour aider les décideurs à comprendre comment prendre des décisions efficaces et inclusives pour tout le monde.

« Nos voix seront entendues par les personnes qui créent et mettent en œuvre les systèmes, les ressources et les outils qui nous aident à améliorer l’accessibilité et l’équité dans nos lieux de travail », dit-il.

Tout au long de cette journée, les membres de l’équipe de la MRC sont invités à réfléchir à leur responsabilité commune de mieux comprendre les

handicaps et de promouvoir les droits et le bien-être des personnes handicapées dans nos collectivités. Nous espérons qu’un dialogue ouvert, honnête et engagé nous permettra d’examiner nos propres préjugés inconscients afin d’éliminer les obstacles, de remettre en question les stigmates et de promouvoir le bien-être et la compréhension.

Le Mat 1 Raniowski affirme que parfois, les personnes handicapées ont l’impression de ne pas pouvoir s’exprimer librement par peur d’être stigmatisées ou exclues.

« Bon nombre de membres des FAC ne demandent pas d’aide à leurs équipes médicales ou de santé mentale de peur de perdre leur emploi. Le fait de demander de l’aide est un signe de force

de résilience, pas de honte. Demander l’aide d’un collègue n’est pas un signe de faiblesse, mais de courage. »

Le Mat 1 Raniowski et sa coprésidente Lana Costello travaillent assidûment pour s’attaquer aux problèmes portés à leur attention.

« On nous invite à nous joindre à des comités et à des groupes de travail qui ont besoin de nos points de vue diversifiés. Nous pouvons aussi aider en fournissant des renseignements sur les ressources, les politiques et les outils proposés. Depuis l’entrée en vigueur de la Loi canadienne sur l’accessibilité en 2019, des façons de la mettre en œuvre ont commencé à émerger. Des équipes ont été créées dans chaque direction générale du gouvernement afin d’as-



surer que les obstacles aux services et à l'emploi sont réduits ou éliminés ».

Il souhaite également mobiliser les personnes handicapées ou celles qui aident un membre de la famille en situation de handicap.

« Nous sommes là pour vous. Si votre lieu de travail présente des obstacles à surmonter, nous sommes là pour vous. Si vous êtes témoin de microagression ou de harcèlement dans votre lieu de travail, nous sommes là pour vous. Si vous souhaitez être un allié pour vos collègues et si vous souhaitez

contribuer à orienter le changement de culture déjà en cours, nous sommes là pour vous. »

Cette année, le thème de la Journée internationale des personnes handicapées est « Des conversations courageuses pour un avenir plus équitable, diversifié, inclusif et accessible ».

« Ce thème nous invite à susciter le changement par un dialogue ouvert, honnête et mobilisant, dit Len Bastien, champion de la cause des personnes handicapées de la Défense. Cela peut comprendre des conversations difficiles

ou désagréables qui nous permettent de réfléchir sur nos propres préjugés inconscients, d'éliminer les obstacles, de remettre en question les stigmates et de promouvoir la sensibilisation et la compréhension. Des pratiques et un environnement de travail inclusifs et accessibles nous permettent de tirer parti de la riche diversité de talent dans l'équipe de la Défense. »

Des événements seront organisés à l'échelle des FAC et du MND pour souligner cette journée et pour renforcer la sensibilisation aux avantages

à tirer de l'intégration des personnes handicapées dans tous les aspects de la vie politique, sociale, économique et culturelle.

La Journée internationale des personnes handicapées a été établie dans le cadre du Programme d'action mondial concernant les personnes handicapées et a été adoptée par l'Assemblée générale des Nations Unies en 1982. Elle vise à promouvoir la compréhension des problèmes liés aux handicaps et le soutien de la dignité, des droits et du bien-être des personnes handicapées.

Menorah lighting ceremony at 12 Wing Shearwater

By Joanie Veitch,
Trident Staff

A small group of people gathered at 12 Wing Shearwater to take part in the lighting of the menorah on December 1, the fourth night of Hanukkah.

A ceremony celebrating the Jewish "festival of lights" was also held at 12 Wing last year.

"It's really nice to see this happening again this year. I think that this is a great opportunity for people who, like me, are Jewish members in the CAF," said Sub-Lieutenant Jacob Bromhead, who attended the ceremony with his wife and 11-month-old baby girl.

SLt Bromhead, who works at CFB Halifax Base Administration and is currently on paternity leave, said he appreciates "the recognition" of one of his religion's observances in a work setting.

"To be able to go, with my wife and daughter... this is very special for us. I'm glad that they did it," he said.

The initiative speaks to the spirit of diversity amongst the military chaplains at 12 Wing, said Rabbi Yakov Kerzner, of the Beth Israel Synagogue in Halifax, who led the ceremony, along with 12 Wing chaplain Padre Lt(N) Stephen Cogswell.

"It was very moving for me to see the effort Padre Cogswell went to, to

make it happen and make sure that the menorah was lit every single night. He went out of his way to make sure the tradition that was started could continue again this year," said Rabbi Kerzner.

Last year's ceremony was organized and led by Rabbi Capt Noteh Glogauer, while he was serving as chaplain at 12 Wing. Using a six-foot outdoor menorah that had been packaged and shipped to him from his previous posting at 17 Wing Winnipeg, Rabbi Capt Glogauer led what is believed to be the first ever menorah lighting ceremony at 12 Wing.

Rabbi Capt Glogauer is currently serving with the Royal Canadian Navy as a fleet chaplain on board HMCS *Winnipeg*, which is on a four-month deployment in the Asia-Pacific region.

Although Padre Lt(N) Cogswell wasn't at that initial menorah lighting ceremony, in taking Rabbi Capt Glogauer's place as chaplain at 12 Wing, the padre has thought a lot about the menorah over the past several months.

"It was stored in my office so I'm looking at it every day. That's what started the idea (to have the ceremony)," he said.

As Padre Lt(N) Cogswell and Rabbi Capt Glogauer were in touch regularly

via What's App and Facebook, they discussed what would be involved in holding a ceremony. Rabbi Capt Glogauer connected Padre Lt(N) Cogswell with Rabbi Kerzner at the Beth Israel Synagogue and plans began to take shape.

"As a Protestant Baptist clergy person for much of my vocational life, it was the first time that I have helped facilitate a menorah lighting to commemorate Hanukkah. That's part of the excitement of being a chaplain in the Canadian Armed Forces... you get to have all these amazing experiences and opportunities," said Padre Lt(N) Cogswell.

Hanukkah is an eight-day celebration that commemorates an historic event from the second century BCE, when a small group of Jews fought a large army to reclaim their Holy Temple in Jerusalem. Although they only had a day's worth of oil to relight the temple's menorah after the battle, the small supply lasted for eight full days.

While Hanukkah celebrates that "miracle of light" from so long ago, for Rabbi Kerzner there's a message in the story of Hanukkah that has resonance today.

"For me the significance is about the importance of fighting for our identity

and... being able to worship in the way that we choose. It's about the importance of religious diversity and that sense of respect for the rights of others to worship as they please. If we have mutual respect, life will be meaningful for everyone. I felt that spirit in the ceremony at 12 Wing. It was very meaningful," he said.

Padre Lt(N) Cogswell arranged to have the menorah in place for November 28, the first day of Hanukkah this year. For safety reasons, the menorah uses LED lights but on the evening of the menorah-lighting ceremony, a glass bulb with a real flame was lit.

Attending the ceremony along with Padre Lt(N) Cogswell and Rabbi Kerzner, were 12 Wing Chief Warrant Officer Bruno Poirier and Padre Capt Troy Dennis, senior base chaplain at CFB Halifax, along with several Jewish military members.

"It was a joy to be involved and help facilitate something like this, especially so within the CAF context," said Padre Lt(N) Cogswell. "It was a very moving experience."

The menorah was lit each evening from November 28 until December 6, the end of Hanukkah this year.



Rabbi Yakov Kerzner from Beth Israel Synagogue, seen here with CWO Bruno Poirier, led the lighting of the Menorah outside of 12 Wing Headquarters in Shearwater on December 1.



From left, CWO Bruno Poirier, Rabbi Yakov Kerzner, Padre Lt(N) Stephen Cogswell and Padre Capt Troy Dennis.



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Units work together to help clean up Roach Cove

Lt(N) Stephen Romard,
Base Operations, CFB Halifax

At Canadian Forces Base (CFB) Halifax, we pride ourselves in being good neighbours to our local community and are also committed to being good stewards of the environment. This past summer, a local environmental group observed a concentrated debris pile that was building up in Roach Cove, a remote cove located along Halifax's Bedford Basin and Canadian Forces Ammunitions Depot (CFAD) Bedford. Garbage naturally collects in this area due to the currents and the natural shape of the cove.

Upon notification of this debris pile, members from Base Operations and other local units quickly got to work, making their way through CFAD Bedford's thick woods and a rocky coastline to access Roach Cove for a reconnaissance mission. Upon inspection,

they realized that the most efficient method of debris removal would be via boat, not by land.

Several weeks later, near the end of September, military personnel from Base Operations and Naval Fleet School (Atlantic) worked together to pull various floating debris from the cove, bagging and sorting items as required including tires, plastics and general waste material. After the floating debris was collected, Fleet Diving Unit (Atlantic) (FDU(A)) assisted Base Operations with removing it using their watercraft, transporting all items to Her Majesty's Canadian (HMC) Dockyard for proper disposal.

In the end, supporting units assisted in retrieval and disposal of approximately 50 tires from the cove, as well as copious amounts of plastics and

garbage. Base Operations would like to send a thank you to the local environmental group that brought this matter to the Base's attention, and to the local military units who assisted with clean-up efforts, including: CFAD Bedford, FDU(A), HMCS *St John's*, Naval Fleet School Atlantic, the Transport, Electrical and Mechanical Engineering (TEME) unit at Base Logistics, and MARLANT Safety & Environment.

Clean up efforts such as this one in Roach Cove can certainly be challenging given limited land access, but are important activities in order to protect the environment. Additionally, these initiatives allow members from all three elements and at all ranks to work together and create a bond with a common goal: leaving our environment better than we found it.



The debris collected at Roach Cove was brought by watercraft to HMC Dockyard for proper disposal.

SUBMITTED



Local Canadian Armed Forces personnel walk along the shoreline at Roach Cove to access a built up area of debris.

SUBMITTED

Halifax hosts annual International Security Forum



Minister of National Defence Anita Anand provides an opening address during the Halifax International Security Forum on November 19. The three-day event brought military leaders, government officials, and defence and security experts from more than 65 countries together for discussions aimed at strengthening strategic cooperation among democratic nations. Joining Minister Anand at the Forum was Chief of the Defence Staff Gen Wayne Eyre, Commander MARLANT and JTFA RAdm Brian Santarpia, and a number of other CAF and DND representatives.

S2 MELISSA GONZALEZ



New large tug boats honour Canada's maritime history

By RCN

The Royal Canadian Navy (RCN) announced on December 9 that the names of its new fleet of large tug boats will pay homage to Canada's extensive maritime history.

"I am pleased today to announce the names of the Royal Canadian Navy's new fleet of Naval Large Tugs. *Haro*, *Barkerville*, *Canso* and *Stella Maris* provide important linkages to Canada's rich maritime history and their role is tied to our future," said Vice-Admiral (VAdm) Craig Baines, Commander of the Royal Canadian Navy.

The four Naval Large Tugs (NLT) are being built by Ocean Industries Inc. of Isle-aux-Coudres, Quebec, under the National Shipbuilding Strategy, and are named after tugs that perished in the performance of their duties or locations on the East and West coasts that are linked to RCN maritime heritage.

NLT *Haro* is named after the Haro Strait, which connects the Straits of Georgia and Juan de Fuca in British Columbia, and is frequently transited

by RCN vessels proceeding north from Esquimalt, the home of our Pacific Fleet.

NLT *Barkerville* takes its name from the Second World War-era *Ville*-class tug of the same name, which sank on December 17, 1945 at the entrance of Bedwell Harbour, B.C., while towing His Majesty's Canadian Ship (HMCS) *Hespeler* to its mooring. The *Ville*-class tug was named after the town of Barkerville, located in Central British Columbia.

NLT *Canso* is named after the Canso Strait, which separates Nova Scotia from Cape Breton Island. The region figures prominently in Canada's formative history, and in the RCN's past with HMCS *Canso*, a *Bangor*-class mine-sweeper that served in the Pacific and Atlantic during the Second World War and was on hand for D-Day.

NLT *Stella Maris* is named in recognition of the valiant actions of the crew of the tug of the same name that came to the assistance of the Steam Ship (SS) *Mont Blanc*, a French mu-

nitions ship laden with explosives, on December 6, 1917 in Halifax Harbour. The *Mont Blanc* had collided with the Norwegian SS *Imo*, starting a fire on the French ship that forced the crew to evacuate. *Stella Maris* was the first to arrive at the burning munitions ship, spraying the flames with its fire hose. As the fire was too intense to stop with a single fire hose, the *Stella Maris*'s crew began to prepare a towline to pull the French vessel away from Pier 6 to prevent the fire from spreading ashore. The crew were in the process of retrieving a 10-inch hawser from the hold to assist a party of volunteers from HMCS *Niobe*'s steam pinnace in securing a line to *Mont Blanc*. Before this could be done, the now-infamous Halifax Explosion occurred.

Stella Maris was severely damaged and thrown up on the beach near Pier 6 with the bow ashore and the shattered stern submerged. Nineteen of the crew were killed, including Captain Horatio Harris Brannen. Miraculously, five managed to survive.

Today, navy tugs continue to be an important component of the RCN fleet, performing a wide variety of tasks including harbour berthing, coastal towing, harbour firefighting and other naval fleet support duties. The new tugs will replace the current *Glen*-class fleet, which were acquired in the mid-1970s and are reaching the end of their service life.

Serving on both coasts, this new, more powerful fleet of tugs will support the RCN's current and future fleets, including the six Arctic and Offshore Patrol Ships, two of which have already been received, two Joint Support Ships and 15 Canadian Surface Combatants.

The steel cutting for the first tug began in September 2020, with formal construction following in November 2020. The first two tugs are expected to be launched in April 2022 and June 2022, respectively, with first deliveries expected by the fall of 2022.

De nouveaux gros remorqueurs nommés en l'honneur de l'histoire maritime du Canada

Par MRC

La Marine royale canadienne (MRC) a annoncé que les noms des nouveaux gros remorqueurs de sa flotte avaient été choisis pour rendre hommage à la vaste histoire maritime du Canada.

« Je suis heureux d'annoncer aujourd'hui les noms des nouveaux gros remorqueurs de la flotte. *Haro*, *Barkerville*, *Canso* et *Stella Maris* sont liés de très près à la riche histoire maritime du Canada et le rôle des remorqueurs est lié à notre avenir », a déclaré le vice-amiral (vam) Craig Baines, commandant de la Marine royale canadienne.

Les quatre gros remorqueurs navals (GRN) sont construits par Industries Océan inc. de l'IsleauxCoudres, au Québec, aux termes de la Stratégie nationale de construction navale, et portent le nom de remorqueurs ayant péri dans l'exercice de leurs fonctions à des endroits des côtes Est et Ouest liés au patrimoine maritime de la MRC.

Le GRN *Haro* porte le nom du détroit de Haro, qui relie le détroit de Georgia et le détroit de Juan de Fuca en Colombie-Britannique, et qui est fréquemment emprunté par les navires de la MRC se dirigeant vers le nord à la partir d'Esquimalt, le port d'attache de notre Flotte du Pacifique.

Le GRN *Barkerville* est ainsi nommé en souvenir du remorqueur de la classe *Ville* du même nom, datant de la Seconde Guerre mondiale, qui a coulé le 17 décembre 1945 à l'entrée du port de Bedwell, en Colombie-Britannique, alors qu'il remorquait le Navire canadien de Sa Majesté (NCSM) *Hespeler* jusqu'à son point d'amarrage. Le remorqueur de la classe *Ville* devait son nom à la ville de Barkerville, située

dans le centre de la Colombie-Britannique.

Le GRN *Canso* porte le nom du détroit de Canso, qui sépare la Nouvelle-Écosse de l'île du Cap-Breton. La région occupe une place importante dans l'histoire du Canada, ainsi que dans celle de la MRC en raison du NCSM *Canso*, un dragueur de mines de la classe *Bangor* qui a servi dans le Pacifique et l'Atlantique pendant la Seconde Guerre mondiale et qui était présent lors du jour J.

Le GRN *Stella Maris* est ainsi nommé pour reconnaître les actes de bravoure de l'équipage du remorqueur du même nom qui est venu en aide au navire à vapeur SS *Mont Blanc*, un portemunitions français chargé d'explosifs, le 6 décembre 1917, dans le port d'Halifax. Le *Mont Blanc* était entré en collision avec le SS *Imo* norvégien, provoquant un incendie à bord du navire français et, par conséquent, l'évacuation de l'équipage. *Stella Maris* a été le premier remorqueur à arriver auprès du porte-munitions en flammes, et a tenté d'éteindre le feu au moyen de son tuyau d'incendie. Comme l'incendie était trop violent pour être maîtrisé avec un seul tuyau, l'équipage du *Stella Maris* a commencé à préparer un câble de remorquage pour éloigner le navire français de la jetée 6 afin d'éviter que le feu se propage à terre. L'équipage était en train de récupérer une aussière de 10 pouces de la cale pour aider un groupe de volontaires de la pinasse à vapeur du NCSM *Niobe* à lancer une corde vers le *Mont Blanc*, quand la fameuse explosion d'Halifax s'est produite.

Stella Maris a subi de graves avaries

et a été projeté sur la plage près de la jetée 6, sa proue sur le rivage et sa poupe brisée sous l'eau. Dix-neuf membres de l'équipage ont été tués, dont le capitaine Horatio Harris Brannen. Par miracle, cinq personnes ont survécu.

Aujourd'hui, les remorqueurs demeurent une composante importante de la flotte de la MRC, effectuant une grande variété de tâches, notamment l'accostage dans le port, le remorquage côtier, la lutte contre les incendies dans les ports et d'autres tâches de soutien de la flotte navale. Les nouveaux remorqueurs remplaceront ceux de la classe *Glen* de la flotte actuelle, qui ont été achetés au milieu des années 1970 et qui approchent de la fin de leur vie utile.

Déployés sur les deux côtes, ces nouveaux remorqueurs plus performants soutiendront les flottes actuelles et futures de la MRC, notamment les six navires de patrouille extracôtiers et de l'Arctique, dont deux ont déjà été livrés à la Marine, deux navires de soutien interarmées et quinze navires de combat de surface canadiens.

Le découpage des tôles d'acier pour le premier remorqueur a commencé en septembre 2020, et la construction officielle a suivi en novembre 2020. Les deux premiers remorqueurs devraient être lancés en avril 2022 et en juin 2022, respectivement, et les premières livraisons devraient avoir lieu d'ici l'automne 2022.



The steel cutting for the first Naval Large Tug, *Haro*, began in September 2020, with formal construction following in November 2020.

Le découpage des tôles d'acier pour le premier grand remorqueur naval, *Haro*, a commencé en septembre 2020, et la construction officielle a suivi en novembre 2020.



A Holiday Message from the CFB Halifax Base Commander

Greetings, CFB Halifax.

It's hard to believe that the holiday season is upon us already! Looking back at 2021, we've had quite a year. Our Defence community (and indeed all Canadians and citizens across the globe) have been managing our personal and professional lives amidst multiple and ongoing waves and surges of the COVID-19 virus. Despite these challenges, I am incredibly proud of how our CFB Halifax team has been able to continue supporting our people and operations.

Our Base team has had many successes this past year, supporting multiple large-scale activities including CUTLASS FURY 21, the 2021 National Defence Workplace Charitable Campaign, helping HMCS *Harry DeWolf* prepare for its inaugural voyage and, of course, supporting normal operations locally and abroad including OP REASSURANCE, OP PROJECTION and OP LENTUS. These are just a few of a long list of Base accomplishments in 2021; I can't thank our team enough for its dedication through this difficult period. I encourage you to learn about some other great successes from our team through the CFB Halifax Year in Review social media series which launches on our Base social media channels on December 14! Follow along on [Facebook](#), [Instagram](#) and [Twitter](#).

Did you know that our Year in Review series is one of many projects led by student employees at CFB Halifax? I would like to take the opportunity to acknowledge all co-operative education and Federal Student Work Experience Program (FSWEP) students who have been employed across the Base in 2021. Our Base Business Management (BBM) team and units' student supervisors have been absolutely critical to the success of the Base's student hiring initiative, which gives high school and post-secondary students the opportunity to explore career options with the Department of National Defence (DND) and CFB Halifax. I have no doubt that these efforts to employ students are helping to shape the diverse and highly capable Base team of the future. I want to extend my sincere thanks to all those who enable the success of this initiative each year, most importantly the students (or students-turned-fulltime employees) who are contributing so positively to our CFB Halifax community and culture.

Beyond our core Base team, local lodger units have performed some absolutely critical tasks this year. I would like to take a moment to thank the team at Canadian Forces (CF) Health Services Centre (Atlantic) for its successful roll-out of the local Canadian Armed Forces (CAF) COVID-19 vaccination campaign, which resulted in the full vaccination of 94% of local CAF members. CF Health Services Centre (Atlantic) also played an important role in the CAF-run Nova Scotia civilian COVID-19 vaccination clinic that launched in

June 2021 as part of OP VECTOR. Personnel from CF Health Services Centre (Atlantic) assisted with this clinic from mid-June to mid-July and administered an impressive number of doses to Nova Scotians. The expertise and professionalism displayed by this team cannot be understated.

In order to further support our workforce's fight against COVID-19 in 2021, Maritime Forces Atlantic (MARLANT) established a well-received Rapid Testing initiative across the Base which is still in operation. I encourage all military and civilian members of our Defence Team to continue getting tested weekly, even if you are fully vaccinated. The main location for rapid testing is located at HMC Dockyard in the main lobby of building D200, Monday-Friday from 0700-1300. Weekly testing sites continue to take place in the main lobby of D201 on Wednesdays from 0800-1200, the Shearwater Sea King Club on Thursdays from 0800-1200, and in the main lobby of Base headquarters, Stadacona S90, on Fridays from 0800-1200. Moving forward, in addition to making rapid testing part of our regular routine, it is important that each and every one of us continue to follow all public health measures and restrictions identified internally (via MARLANT Safety & Environment) and externally (via provincial and territorial governments).

It's no surprise that 2021 has handed our Defence family some additional challenges above and beyond COVID-19. I know that many of us are feeling the strain and repercussions of the ongoing sexual misconduct and discrimination crisis that has come into sharp focus this year. These situations have been difficult on our entire Defence community. We, as a Base team, have done our best to respond through the introduction of town halls, workshops and our adherence to mandatory, online training that has provided much needed education on these issues. Just last month we were happy to host Madame Justice Louise Arbour on Base during which she spoke with our members as part of an independent, external review into harassment and sexual misconduct within the Department of National Defence (DND) and the CAF. We all need to commit to listening, learning, and continuing to call out and take action against inappropriate, discriminatory and derogatory behaviours – no matter how big or small – in order to foster positive culture change within our Defence community. And while our Base team looks forward to some policy direction from the national level, we remain committed to identifying local solutions as well.

In a year that has presented its share of successes and challenges, I want to thank our Base family and lodger units for everything you have done to keep our community safe and secure. Whether it be practicing physical distancing, performing critical custodial duties across Base facilities, wearing a

mask, getting vaccinated, or ensuring our ships receive the materiel, IT and administrative supports they need in order to deploy, you are the ones who have kept us moving forward. I would also like to extend my sincere gratitude to our incredible military families. While many of our Defence Team members are far from home each year, their families are still serving and sacrificing right along with them. Every single one of these families deserves our everlasting thanks, respect and support. Also, we can't forget to acknowledge the important work done by our local Base emergency services – including the Military Police Unit Halifax, the Halifax Naval Fire Department, the Commissionaires and emergency response personnel – who are working hard every day (including the holiday



season) to ensure that the Base remains safe and operational. Please join me in acknowledging our Defence Team members and their families, today and every day!

Wishing you all a safe, happy and healthy holiday season with your loved ones, and a prosperous New Year.

Remember to take care of yourselves and check on your neighbours.

Your Base Commander,
Capt(N) Sean Williams

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Message des fêtes du commandant de la BFC Halifax

Bonjour chers membres de la BFC Halifax,

Il est difficile de croire que la période des fêtes est déjà à nos portes! Avec le recul, 2021 fut toute une année. Notre communauté de la Défense (et en fait tous les Canadiens et citoyens partout dans le monde) a dû concilier vie personnelle et vie professionnelle avec les multiples vagues et augmentations soudaines des cas de COVID-19. Je suis toutefois très fier de la façon dont l'équipe de la BFC Halifax a continué de soutenir nos gens et nos opérations malgré ces difficultés.

L'équipe de la Base a accumulé de nombreuses réussites au cours de la dernière année. Elle a notamment contribué à plusieurs activités à grande échelle comme l'exercice CUTLASS FURY 21 et la Campagne de charité en milieu de travail de la Défense nationale 2021. Elle a aidé le NCSM *Harry DeWolf* à se préparer pour son voyage inaugural et, bien sûr, elle a soutenu les opérations normales au pays et à l'étranger, notamment les opérations REASSURANCE, PROJECTION et LENTUS. Ce ne sont là que quelques-unes des nombreuses réalisations du personnel de la Base en 2021. Je ne remerciais jamais assez l'équipe pour son dévouement pendant cette période difficile. Je vous invite à découvrir d'autres des grandes réussites de l'équipe dans le cadre de la série rétrospective de l'année de la BFC Halifax qui sera publiée sur les médias sociaux de la Base le 14 décembre. Suivez-nous sur [Facebook](#), [Instagram](#) et [Twitter](#).

Saviez-vous que notre série rétrospective de l'année est l'un des nombreux projets menés par des étudiants à la BFC Halifax? Je souhaite donc profiter de l'occasion pour remercier tous les étudiants du programme d'enseignement coopératif et du Programme fédéral d'expérience de travail étudiant (PFETE) qui ont travaillé à la Base en 2021. Notre équipe de gestion opérationnelle de la Base (EGOB) et les superviseurs des étudiants dans les unités ont joué un rôle essentiel dans le succès de l'initiative d'embauche d'étudiants de la Base, qui donne aux étudiants de niveau secondaire et postsecondaire l'occasion d'explorer les possibilités qu'offre une carrière au sein du ministère de la Défense nationale (MDN) et de la BFC Halifax. Je n'ai aucun doute sur le fait que les efforts déployés pour l'embauche des étudiants contribueront à doter la Base d'une équipe diversifiée et hautement compétente dans l'avenir. Je tiens à remercier sincèrement tous ceux qui contribuent au succès de cette initiative chaque année, et surtout les étudiants (ou les étudiants devenus employés à temps plein) qui contribuent de façon si positive à la communauté et à la culture de la BFC Halifax.

Outre l'équipe principale, les unités hébergées de la Base ont accompli des tâches absolument essentielles cette année. Je tiens à remercier l'équipe du

Centre des services de santé des Forces canadiennes (Atlantique) d'avoir lancé la campagne locale de vaccination contre la COVID-19 des Forces armées canadiennes (FAC), qui a permis de vacciner entièrement 94 p. 100 des militaires de la région. Le Centre des services de santé des FC (Atlantique) a également joué un rôle important dans la campagne de vaccination civile contre la COVID-19 en Nouvelle-Écosse, dirigée par les FAC. Cette initiative a été lancée en juin 2021 dans le cadre de l'opération VECTOR. Le personnel du Centre des services de santé des FC (Atlantique) a participé à la campagne de la mi-juin à la mi-juillet et a vacciné un nombre impressionnant de Néo-Écosse. L'expertise et le professionnalisme dont fait preuve cette équipe ne peuvent être sous-estimés.

Afin de soutenir davantage notre personnel dans sa lutte contre la COVID-19 en 2021, les Forces maritimes de l'Atlantique (FMAR [A]) ont mis en place une initiative de test rapide sur l'ensemble de la Base, laquelle a été bien accueillie et est toujours en cours. J'encourage tous les militaires et les civils de l'équipe de la Défense à continuer à se faire tester chaque semaine, même s'ils sont entièrement vaccinés. Les tests rapides sont effectués principalement à l'arsenal CSM, dans le hall principal du bâtiment D200, du lundi au vendredi, de 7 h à 13 h. Chaque semaine, il est également possible de faire un test dans le hall principal du bâtiment D201 les mercredis, de 8 h à 12 h, au Club Sea King de Shearwater les jeudis, de 8 h à 12 h, et dans le hall principal du quartier général de la Base, bâtiment S90 Stadacona, les vendredis, de 8 h à 12 h. Par ailleurs, nous intégrerons les tests rapides dans notre routine, mais il sera aussi important que chacun d'entre nous continue à respecter toutes les mesures et restrictions de la santé publique internes (du service Sécurité et environnement des FMAR [A]) et externes (des gouvernements provinciaux et territoriaux).

Sans surprise, l'année 2021 a apporté à notre famille de la Défense des difficultés supplémentaires, en plus de la COVID-19. Je sais que beaucoup d'entre nous subissent des pressions ou les répercussions de la crise liée à l'inconduite sexuelle et à la discrimination qui a fait l'objet d'une attention particulière cette année. Ces situations ont été difficiles pour l'ensemble de la communauté de la Défense. En tant qu'équipe de la Base, nous avons fait de notre mieux pour répondre à cette crise en organisant des assemblées publiques et des ateliers, ainsi qu'en participant à une formation en ligne obligatoire qui a permis de fournir des renseignements indispensables sur ces enjeux. Le mois dernier, nous avons eu le plaisir d'accueillir la juge Louise Arbour à la Base. Au cours de sa visite, cette dernière s'est entretenue avec nos membres dans le cadre d'un examen externe indépendant sur le harcèlement et l'inconduite sexuelle au sein du MDN et

des FAC. Nous devons tous nous engager à écouter, à apprendre, à continuer à dénoncer les comportements inappropriés, discriminatoires et désobligeants – peu importe leur importance – et à prendre des mesures contre ceux-ci afin de favoriser un changement de culture positif au sein de notre communauté de la Défense. Même si l'équipe de la Base attend avec impatience les orientations stratégiques à l'échelle nationale, nous restons déterminés à trouver également des solutions à l'échelle locale.

Au terme d'une année qui a présenté son lot de réussites et de défis, je tiens à remercier notre famille de la Base et nos unités hébergées de tout ce qu'elles ont fait pour assurer la sécurité de notre communauté. Que vous ayez pratiqué la distanciation physique, effectué des tâches de surveillance essentielles dans les installations de la Base, porté un masque, veillé à ce que nos navires reçoivent le matériel, les TI et le soutien administratif dont ils ont besoin pour être déployés ou que vous vous soyez fait vacciner, vous êtes ceux qui nous ont permis d'avancer. Je tiens également à exprimer ma sincère gratitude aux incroyables familles de nos militaires. Beaucoup de membres de l'Équipe de la Défense sont loin de chez eux chaque année, et comme eux, leurs familles servent le Canada et consentent des sacrifices. Chacune d'entre

elles mérite nos remerciements, notre respect et notre soutien à jamais. Enfin, n'oublions pas de mentionner le travail essentiel des services d'urgence de la Base, notamment l'Unité de police militaire de Halifax, le Service d'incendie de la Marine d'Halifax, les commissionnaires et le personnel d'intervention en cas d'urgence. Ces hommes et ces femmes travaillent d'arrache-pied tous les jours (y compris pendant la période des fêtes) pour que la Base reste sécuritaire et opérationnelle. Je vous invite aujourd'hui à vous joindre à moi pour remercier les membres de l'Équipe de la Défense et leurs familles, aujourd'hui et tous les jours de l'année!

Je vous souhaite à tous un temps des fêtes tout en sécurité, en bonheur et en santé avec vos proches ainsi qu'une nouvelle année prospère.

N'oubliez de prendre soin de vous et de veiller sur vos proches.

Le commandant de la Base,
Capv Sean Williams



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A member of HMCS Harry DeWolf observes the area off of the ship's bow as it approaches the port of Montego Bay, Jamaica on December 1.

CAF PHOTO

Tried, Tough and True: HMCS *Harry DeWolf* on Operation Caribe

By Lt(N) Lisa Tubb,
HMCS *Harry DeWolf*

After a whirlwind four and a half months, Her Majesty's Canadian Ship *Harry DeWolf* is set to return to its home port of Halifax on December 16. Following Operation Nanook and a brief Rest and Maintenance Period, HMCS *Harry DeWolf* departed Esquimalt for Operation Caribe on October 28. Over this period, the first in class Arctic and Offshore Patrol Ship offered new energy and capabilities to the Canadian Armed Forces' multinational counter-narcotics operation in both the Caribbean Sea and the eastern Pacific Ocean.

HMCS *Harry DeWolf*'s capabilities of enhanced storage spaces, multiple briefing and boarding rooms and multi-role rescue boats mounted with C6 guns, which are capable of reaching speeds in excess of 35 knots, brought new strengths to boarding operations and support services to the embarked United States Coast Guard Law Enforcement Detachment. Furthermore, the addition of the AOPS class Multi-Purpose Operational Space (MPOS) created a dynamic and well-



US Coast Guard cutter Hamilton conducts small boat ops with HMCS Harry DeWolf in the Pacific Ocean on November 14. Hamilton offloaded 30,000 lbs of drugs at Port Everglades, Fla., Nov. 22, after a large drug interdiction.

US SOUTHCOM

equipped area aboard the ship for intelligence gathering, dissemination and planning of boarding missions to occur in one spacious and well-organized location.

The company of HMCS *Harry DeWolf* continued to make history on this second deployment, after transitioning from an Arctic climate to the tropical temperatures and unique operational demands of Operation Caribe. The Coxswain of HMCS *Harry DeWolf* commented, "As we continued to encounter firsts in operating procedures for the *Harry DeWolf* Class on Op Nanook and Op Caribe, it is amazing to see the officers and NCMs, whether newly posted

in or AOPS expertise, come together to brainstorm innovative ways to maximize ship's capabilities."

During Operation Caribe, HMCS *Harry DeWolf* scored not one, but two successful interdictions on this new platform of ship, seizing 1300kg of cocaine on November 8 and 1289kg of cocaine on November 18, 2021. Combined, these interdictions had an estimated value of \$77,670,000 USD. According to the Cox'n, for the crew of HMCS *Harry DeWolf*, interdiction activity was business as usual – all hands on deck to track, intercept and then manage the transport of narcotics, "From the Commanding Officer all the way to the Sailor 3rd Class, when stores/drugs or anything else needs to be moved, cleaned, secured, everyone shows up."

A Sailor First Class Material Management Technician who volunteered as a C6 gunner in the Multi-Role Rescue Boat boarding parties, reflected that Operation Caribe has given him unique opportunities for professional development and experiences, "I'm someone who says yes to new

opportunities, if someone needs help with something on the ship, I'll put my name forward." With a smile, he added, "Operation Caribe has given me a lot of stories, and I can't wait to get home and tell my friends and family about what we've done here."

The first in class Arctic and Offshore Patrol Ship is now ready to return home, having cemented its capabilities in supporting Arctic operations, and proving its performance towards international anti-smuggling operations; a new tool for the Royal Canadian Navy to contribute towards international stability.



The ship's company of HMCS Harry DeWolf and members of the US Coast Guard stand on the ship's flight deck with illegal drugs seized during an interdiction operation in the East Pacific Ocean on November 11.

CAF PHOTO



Honorary Naval Captain visits Fleet Maintenance Facility

By Ashley Evans,
FMF Cape Scott/Cape Breton

The induction of the Honorary Captain (Navy) Jeanette Southwood to the Fleet Maintenance Facility Cape Scott this past April was a true honour, and staff at FMFCB were thrilled to welcome her to the West Coast this past November where she participated in numerous events, learning about the diverse and immersive work performed in and around CFB Esquimalt.

Honorary Captain (N) Jeanette Southwood is the Vice President of Corporate Affairs and Strategic Partnerships for Engineers Canada, the national organization that represents the 12 provincial and territorial engineering regulators that license the more than 300,000 members of the engineering profession in Canada. She has been the Fleet Maintenance Facility Cape Scott's Honorary Captain (N) for the past year. Honorary Captains (Navy) are celebrated Canadians and leaders in their respective fields, appointed by the Minister of National Defence to take on the role of RCN ambassadors to Canadians nationwide.

"I have learned a great deal about the RCN and met many wonderful people," she shared of her experience thus far, "and I have also had the opportunities to share my experiences as an engineer with others facing similar technical and professional challenges that I've tackled during my career."

Although the COVID-19 pandemic has streamlined many of her duties, HCapt (N) Southwood has been busy immersing herself in the complex world of naval engineering. Honorary Captain activities began at the beginning of the year with orientation sessions led by LCdr Melissa Desjardins. As the first Honorary Captain affiliated with the naval engineering community, she has taken part in many events, such as:

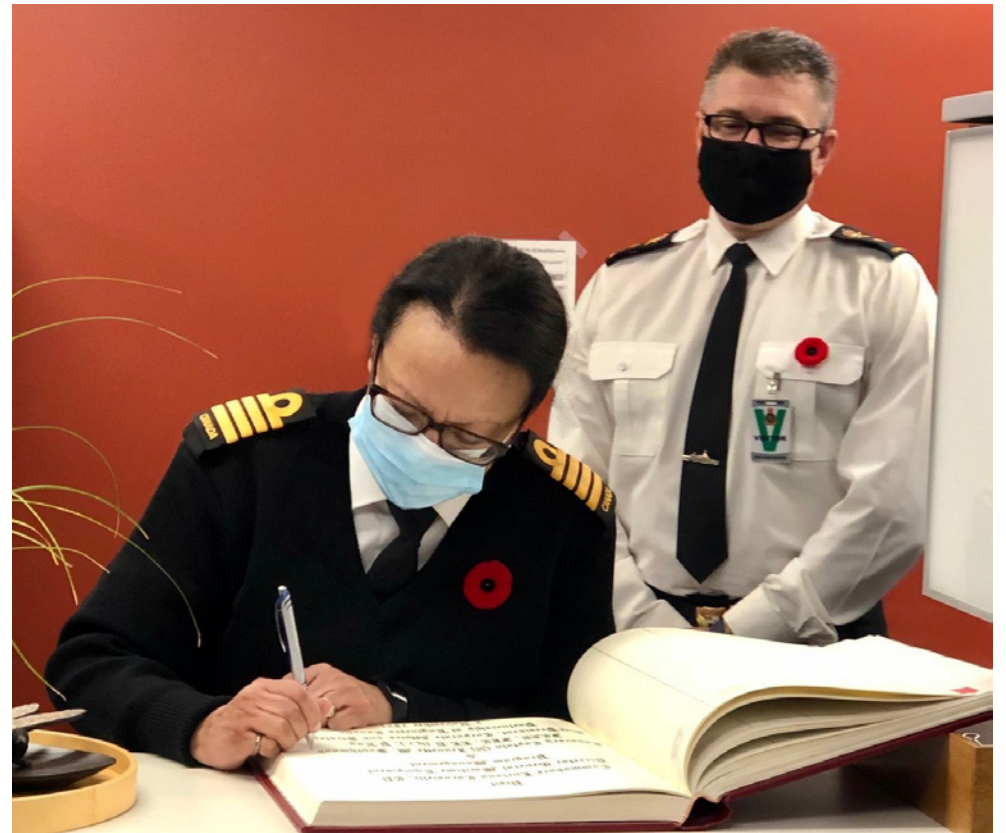
- Participating in meetings of the Naval Engineering Council (NEC), led by Cmdre Lou Carosielli, and the

Naval Technical Officers (NTO);

- Presenting on her experiences as a woman engineer to the Women Naval Technical Officers in a session led by Capt Seana Routledge, Cdr Suzanne Appleton, and Cdr Helga Budden;
- Attending a virtual town hall to bring together all CAF Honoraries;
- Attending the semi-annual Honorary Captain(N) Virtual Symposiums; and
- Participating in meetings organized by her affiliated Officer, Capt (N) Michel Thibault.

During her recent visit, HCapt (N) Southwood participated in many activities, from informative visits aboard HMCS Nanaimo and HMCS Vancouver where she learned about the work of the engineering teams on the vessels and the phrase *"always keep the cook and the clerk happy,"* to Victoria Shipyards where she was provided a look at a Halifax-class frigate in the process of modernization and a submarine in the drydock, to the bustling FMFCB production floor and Engineering department where she was given a warm welcome by Capt(N) Sebastien Richard and his colleagues, iNExTT, the Damage Control Training Facility, Naval Engineering Council (NEC), Naval Technical Officers (NTO) seminar, and more.

Marking her first time on a Royal Canadian Navy vessel, HCapt (N) shared that this opportunity provided her a brief glimpse into what life on a ship could be like. Through her role as Honorary Captain, she has been given a more in-depth view of the Chief Professional Conduct and Culture (CPCC) organization, while learning more about the work of the Chief, including through a virtual presentation by Commodore Jacques Olivier, Director General Professional Military Conduct, during the NEC meeting. Additionally, she says she has learned about the



Honorary Captain (Navy) Jeanette Southwood, left, recently visited Fleet Maintenance Facility Cape Breton on the west coast.

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camaraderie within the navy. "I'm also impressed with the wide variety of careers and specializations available," says Southwood. "The most rewarding part of this visit was meeting great people and seeing firsthand many great examples of ingenuity and dedication."

HCapt (N) Jeanette Southwood holds an impressive list of recognition and awards, including the Province of Ontario's "Leading Women Building Communities Award," Ontario Professional Engineers Awards, Engineering Excellence Medal, an Honorary Doctorate, and she has been named one of WXN Canada's Top 100 Most Powerful Women, twice. HCapt (N) Southwood has also received the Governor General's Sovereign's Medal. Prior to joining Engineers Canada, Southwood led the Canadian Urban Development & Infrastructure Sector and the Global Sustainable Cities teams at an international consulting firm. She was the first Black woman and first woman of colour to be appointed to the senior leadership position of Principal at that global firm.

When asked what about the most impactful part of her career path and the multitude of experiences she's had, HCapt (N) shared, "part of Engineers

Canada's work also includes the development of equity, diversity and inclusion (EDI) resources for employers and research into the success factors for under-represented groups in the engineering profession," said Southwood. "Some of these success factors are: the importance of a strong peer network, role models, allies, mentors, sponsors, and the forging of bonds with social, professional and technical networks. I know that, if it was not for these success factors, I would not be here as an Honorary Captain today. Now that I am senior in my career, I am a mentor and a sponsor myself, an ally and still a part of social, professional and technical networks."

She says her favourite aspects of Engineering are the opportunities for creativity in the face of complex challenges, and also how the work of engineers – in collaboration with those outside of engineering – can respond to the world's pressing challenges.

Thank you for visiting the West Coast, HCapt (N) Southwood, we hope to see you again soon!



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SPORTS & FITNESS



Getting the ball rolling

HMCS Goose Bay sailor raising money to bring soccer gear to Africa

By Joanie Veitch,
Trident staff

When HMCS *Goose Bay* deploys to West Africa in late January, Master Sailor Frederic Duclos plans to bring a hundred or more soccer balls, along with goalie gloves and other soccer gear, on board with him as the ship sets sail.

He came up with the idea as preparations for *Goose Bay*'s deployment got underway. While members of the ship's company were discussing what charities they might support, he started thinking about how much he loved playing soccer as a young boy growing up in St-Isidore, New Brunswick.

"Soccer is a great sport. Anyone can play it and have fun," he said. "In Africa, soccer is really popular, the kids there are already playing it. I thought maybe I could help by bringing some gear."

MS Duclos got the ball rolling with some phone calls, first to Sportcheck to ask about getting a discount, and next to the HFX Wanderers, the city's professional soccer club, about the possibility of an exhibition game against the CFB Halifax soccer team, which he's played on since 2015.

He also called the BMO Soccer Centre in Halifax to ask about renting one of their fields for the game, and for a donation.

"So far, everyone has been responsive

and is offering support," he said.

As *Goose Bay* is scheduled to depart on January 21, MS Duclos is aware that time is tight for organizing an exhibition game but in the meantime, he's arranged for donation boxes to raise money for gear: one at the Halifax & Region Military Family Resource Centre in Windsor Park and another at the Fleet gym at HMC Dockyard.

His goal is to raise enough money — he's aiming for \$2,000 - \$3,000 — to buy at least 100 soccer balls, a dozen or more hand pumps, and at least a dozen goalie gloves.

Much like the annual Operation Backpack during the Navy's Arctic deployments, this initiative, dubbed Operation Togetherness, allows sailors to share some of the good fortune they enjoy here in Canada.

"With soccer being the most popular sport in the world, particularly in the regions that we will be visiting, MS Duclos has really honed in on that aspect, and has been able to help us ensure that we're bringing meaningful and useful donations to each of our port visits in Western Africa," said Cdr Daniel Rice, *Goose Bay*'s Commanding Officer. He described MS Duclos' efforts as an instrumental component of the overall community relations plan as they prepare for Operation Projection.

For MS Duclos, it isn't just his love of soccer fueling his desire to fundraise for soccer gear, memories of his two tours in Afghanistan are also at the forefront of his mind.

After joining the Army Reserves at age 16, MS Duclos spent more than six years in the infantry — 2nd Battalion, The Royal New Brunswick Regiment (North Shore), re-designated as The North Shore (New Brunswick) Regiment in 2021.

Deployed to Afghanistan in 2007 and 2010, MS Duclos began saving chocolate bars from his ration packs, collecting them to give to Afghan children.

"I wanted them to remember Canadians as good people, people who cared. My second deployment was a little rough... handing out chocolate bars to children is a good memory of my time there; they were so happy to receive them," he said.

After his second tour, MS Duclos left the military for a year and a half before joining the Royal Canadian Navy. Now working as a MarTech, MS Duclos said his project to raise money for soccer gear gives him a bigger sense of purpose as he prepares for deployment.

"I want to do more. In the military our job description is to protect and serve Canada. I see this as part of that. Doing

something to make kids happy and promote what we stand for as a country. I just want to make a bit of a difference in this world, especially for kids."

To help raise funds MS Duclos has set up a Go Fund Me page. To make a donation, go to: <https://gofund.me/a7317a19>



When HMCS Goose Bay deploys to West Africa in January, MS Frederic Duclos hopes to have raised enough money to bring more than 100 soccer balls and other soccer gear with him to give to local children. To collect funds for the cause he's set up donation boxes and a Go Fund Me page.

JOANIE VEITCH, TRIDENT STAFF

Fleet Divers raise \$13,000 for Christmas Daddies



Members of Fleet Diving Unit (Atlantic) hit the pavement around their unit's surrounding lot for the 39th annual Christmas Daddies Navy Divers Run on December 4, in support of CTV Atlantic's Christmas Daddies telethon. Divers say the unit tradition has become a fun way to build camaraderie while also helping to brighten the holidays for local kids in need.

MONA GHIZ, MARLANT PA



The FDU(A) team showed off the \$13,000 cheque to be presented to the Christmas Daddies telethon. Members fundraised both online and in person leading up to their 50km-run event on December 4

MONA GHIZ, MARLANT PA



Dedicated volleyball official enters CAF Sports Hall of Fame

By Canadian Armed Forces Sports

Serving for more than 40 years, Capt (Retd) Steven Stuart has made an impressionable mark on local, national and international levels of CAF sports. He was recently inducted into the CAF Sports Hall of Fame during the annual Canadian Armed Forces Sports Awards Ceremony, which took place virtually from November 19- December 3.

He began his military sporting career as a member of the Royal Military College of Canada's boxing team and later, laced up his skates and took to the ice, where he won a silver and a gold medal at CAF National Hockey Championships. Capt Stuart began his officiating career in hockey, officiating at five CAF Regional and National Hockey Championships, as well as serving as the CAF Atlantic Hockey Chief Official before switching gears to pursue his passion for volleyball.

Over the next 15 years, he went on to officiate at countless military and civilian volleyball matches at both the local and provincial levels with the Atlantic College Athletic Association, Atlantic University Sport, the Nova Scotia Provincial Volleyball Championships, as well as multiple youth and adult leagues in Halifax.

Capt Stuart passionately pursued volleyball as an official at the highest levels. He held many top positions, including Volleyball Nova Scotia's Referee-in-Chief, CAF Atlantic Region Chief Official and CAF Volleyball Chief Official. To add to his list of accomplishments, he also officiated 11 CAF National Men's and Women's Championships, and eight international tournaments, including the World ParaVolley Tokyo 2020 Paralympic Women's Qualification Tournament, the 2019 CISM Military World Games,

CISM World Military Volleyball Championships as well as FIVB Beach Volleyball U21 World Championships.

Capt Stuart undoubtedly left a lasting impression in the volleyball community, officiating and mentoring at both Volleyball Canada's Nationals and Beach Nationals for over ten years, and participating in the Canada Cup, Canada Games and the Canadian Collegiate Athletic Association Championship. He has been honoured as MARLANT Official of the Year four times and is a three-time winner of both RCN Official of the Year and CAF Official of the Year.

Capt Stuart's accomplishments span all levels of competition, and he has represented Canada and the CAF with honour as an official throughout his military career.



Capt (Ret'd) Steven Stuart, a MARLANT member with RJOC(A) up until his recent retirement, has been inducted into the CAF Sports Hall of Fame.

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Fitness pilot project benefits from leadership buy-in

By Joanie Veitch,
Trident Staff

Three MARLANT units have been taking part in the Go for Green pilot project since November, working with Personnel Support Programs Fitness and Sports and Health Promotion staff to make positive changes over the next year through regular workouts and healthy choices.

In theory, it's easy, and with extra fitness sessions scheduled during their regular work hours, the opportunity for exercise will be there, but members still need to put in the work. That's why it's important for those at the top of the organization to set an example, said PSP health promotion specialist Joy Geizer. She added the command teams of the participating units, HMCS Margaret Brooke, Trinity, and Real Property Operations (RPOU(A)) will be expected to step up.

"By having that leadership involvement, PT becomes an expectation and it's seen as a priority," Geizer said.

"A big piece of this is accountability, and having the unit leaders involved builds that right into the program."

Having the command team's involvement can also reap rewards beyond physical fitness, said Cdr Rory Dolan, Commanding Officer at Trinity. As the Navy's Maritime Operational Intelligence Centre, Trinity staff are dispersed at various locations across the base, making the PT sessions an ideal opportunity for people to meet and build relationships in a more casual setting.

"In the office we are much more regimented but when we're in our PT session, it's more relaxed. That's good for

everyone, as we get a chance to interact and get to know each other on a different level," said Cdr Dolan.

LCdr Erica Rogers is the unit's point person for the Go For Green project. She said a "rewards-based" program they've set up is also showing results in terms of participation from unit members. For instance, if people attend three sessions each week, they can take a "slider" on Friday and leave at noon. As an added bonus, doing ten PT sessions in a month earns the participant a day of leave.

It's a "carrot" rather than a "stick" approach that aims to show encouragement and support, especially for unit members who have not been especially active in the past, LCdr Rogers said.

"We wanted to clear the way for peo-

ple to want to participate, to get them to the point where they get that 'aha!' moment and regular exercise begins to feel good," she said.

S2 Maude Lafortune, who works as an analyst at Trinity, said she's a big fan of the project so far. Being in the Navy, she said, postings, courses and deployments can play havoc with a regular fitness schedule.

"I love fitness but to be honest, it can be hard to fit it in. This program, the way it is set up is awesome," she said. "When I read the CAF regulation and the code of values — duty, loyalty, integrity and courage — this program is part of that; it's our duty to train and be fit. I'm glad to see our leaders supporting it."



CFB Halifax Curling Club hosts HMCS Ville de Québec

Members of HMCS Ville de Québec took part in a unit bonspiel on November 18 at the CFB Halifax Curling Club. The team-building event was followed up by a unit awards and promotions gathering the next week, boosting morale and unit camaraderie as they head into the holiday break.

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