



TRIDENT

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HMCS *Montreal* deploys to Op Reassurance

Family members and friends of the crew of HMCS Montreal watched the ship's departure for Operation Reassurance from the Halifax waterfront on January 19. Due to record local COVID-19 case counts, the ship's company and embarked Sea Training staff completed an extended quarantine period at hotels before departing with a quiet ceremony at HMC Dockyard.

MONA GHIZ, MARLANT PA



TRIDENT

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Dishing up good advice: tips for eating healthy at home

By Joanie Veitch,
Trident Staff

As the omicron variant of COVID-19 continues to push the number of cases in the region, it's easy to feel discouraged and slip into unhealthy eating habits — especially as we enter the third year of the pandemic during the cold winter months.

(We're looking at you, storm chips!)

While we can't change the situation with omicron, or how it's affecting so much of our lives, we can take action and aim to eat healthier, says Laurie Barker Jackman, a health promotion specialist with PSP Health Promotion Services.

Barker Jackman is a registered dietitian who joined the PSP (Personnel Support Programs) division of Canadian Forces Morale and Welfare Services in October 2021. Having worked as a dietitian for more than 20 years, and a regular on-air columnist with CTV Morning Live Atlantic, Barker Jackman has lots of tips to help promote healthy eating.

"Plan your meals, that's the first thing to do. You will always eat better with a plan," said Barker Jackman.

Planning has the added benefit of making grocery shopping easier and more efficient, as you know exactly what you need to buy and can make sure you have fresh ingredients on hand to repurpose any leftovers, she added.

"I recommend when making a meal that you double or triple-batch and freeze the extras — or freeze compo-

nents of what you make — for later. This really takes the stress out of making meals, especially on the busier days, and it saves you money," said Barker Jackman.

The second thing to keep in mind is a visual of a dinner plate with various food groups on it; a simple strategy but a "game changer" for many people, according to Barker Jackman.

"A healthy plate is half fruits and vegetables, a quarter whole grains and a quarter protein foods. This balances out the macro nutrients — the carbohydrates, proteins and fibres — helping us feel full for longer," she said.

Eating at regular times is another top tip to keep in mind, said Barker Jackman, especially now with so many people working from home. "It's easy to end up grazing all day long but having set meal times makes a huge difference — every three to five hours or so, but everyone is different."

For snacks, she suggests fruit and vegetables and a source of protein, such as a handful of nuts.

Another key ingredient to healthy eating is making sure to stay hydrated, said Barker Jackman, noting that water is the best choice for hydration.

"Drinking water is so important. It helps keep every part of our body working. It helps flush waste and keeps us at the right temperature. When we get dehydrated we can feel tired and get a headache," she said.

How much to drink varies, depending on things such as age and activity levels. A general guideline for most people is between nine to 12 cups.

And finally, while what you put into your body is obviously a large part of healthy eating, how you eat is equally important, she said.

"Be mindful about how you eat. Slow down, savour your food. Turn off the distractions and eat with your family or friends. It really makes a difference. You will feel more satisfied."



Cooking meals at home is one of the best ways to ensure healthy eating, says PSP Health Promotion nutritionist Laurie Barker Jackman, pictured here cooking with her son Max.

SUBMITTED

New CAF members enrolled at 12 Wing Shearwater

Capt Nadeau conducts an enrollment ceremony for two new applicants, Aviator Firouz Firouzi (center), an Air Operations Support Technician, and Aviator Michael Viray (right), an Avionic Systems Technician. This took place at 12 Wing Shearwater headquarters on December 8, 2021. Welcome Avr Firouzi and Avr Viray!

CPL OLIVIA MAINVILLE





HMCS Montreal left Halifax on January 19 to join NATO SNMG2 colleagues as part of Op Reassurance.

CPL SARINA KUZMA

Operation Reassurance continues as HMCS *Montreal* departs for six-month deployment

By Ryan Melanson,
Trident Staff

The Royal Canadian Navy's Atlantic Fleet has begun its first deployment of the new year, with HMCS *Montreal* departing Halifax on January 19 to join NATO colleagues in Northern Europe as part of Operation Reassurance.

As has become the norm due to the pandemic, the ship and its crew, along with the embarked CH-148 Cyclone Helicopter Air Detachment, slipped away quietly without a large gathering at the jetty, having said goodbye to their families days earlier before beginning a hotel quarantine to reduce the risk of positive COVID-19 cases on board once at sea.

But despite these unideal conditions, and the extra stress brought on by worsening pandemic conditions at home and abroad in recent weeks, *Montreal's* Commanding Officer said he's been impressed by the high spirits among his ship's company, who have all been looking forward to completing the isolation and testing requirements and getting down to business.

"The crew is ready to go and all of us want to get on with it. There's been so much preparation leading up to this

point, and now the crew is eager to get going out the door and get this mission started," Commander Chris Devita said.

The majority of the team came together on board *Montreal* last August, and have since been working nonstop, bringing a ship that hasn't sailed in more than two years up to the required readiness levels.

"We started as a group of individuals, and now we are truly a cohesive ship's company. I've never been more proud - these folks have dug deeper, found success where it wasn't always expected, and they've shown a great positive attitude all along."

Another round of COVID-19 testing will follow after the ship leaves its homeport, and despite the rise in cases attributed to the Omicron variant of the disease, RCN officials are confident in the strict protocols that have kept the virus at bay. The COVID-19 situation will also be examined closely during any port visits, and it's likely that sailors will be required to stay on board the ship or in the vicinity of the jetty during any stops.

"We have a very high confidence

that we can keep our sailors safe on board during the mission," added RAdm Brian Santarpia, Commander MARLANT and JTFA.

While this is the first time HMCS *Montreal* has deployed to Op Reassurance, the RCN has been supporting the mission since the summer of 2014, and *Montreal's* departure marks the beginning of the 16th rotation of the deployment for Halifax-class frigates. HMCS *Fredericton*, the most recent ship to deploy to Op Reassurance, returned to Halifax in December after five months with Standing NATO Maritime Group Two.

This consistent NATO presence in the Mediterranean and Black Sea is meant to provide security and assurances to allies in the region, and began as a response to Russian aggression in 2014. Activities for *Montreal* while at sea will include surveillance and monitoring, as well as training focused on interoperability with allies.

Along with the importance of the mission and fulfilling Canada's NATO obligations, Cdr Devita said he was also excited for his crew, particularly the junior members, to take in the

range of experiences, challenges and successes that come with a major overseas deployment.

"This is crucial for career progression. This is the chance to take everything you learn in your training, and actually put it to use in a practical setting. I can't wait to see what we're capable of."



Restrictions at HMC Dockyard didn't stop family members from finding a way to wave goodbye. They gathered along the Halifax waterfront to watch as the ship departed.

MONA GHIZ, MARLANT PA



From left, PSP Halifax Deputy Manager Stacey Robichaud, CFB Halifax Base Chief CPO1 Alena Mondelli, CFB Halifax Base Commander Capt(N) Sean Williams, and H&R MFRC employee engagement supervisor Darren O'Connell.

SUBMITTED

Volunteers recognized for crucial support during a difficult year

By Sarah-Jean Mannette,
H&R MFRC

Recently, the Halifax & Region Military Family Resource Centre (H&R MFRC) and PSP Community Recreation hosted the 2021 CANEX Gives Back Recognition Event. Held at Glow Halifax, it was the first time in two years that this event, supported by the CANEX, was held in-person! And what a time it was.

The CANEX Gives Back Annual Recognition Event for volunteers is directly supported by the CANEX from purchases made by CAF members and the community at large, with proceeds generated through the sales of merchandise like Support Our Troops, Soldier On, Military Kits, and other merchandise.

Attendees included volunteers, Capt(N) Sean Williams, Base Commander, CPO1 Alena Mondelli, Base Chief, Darren O'Connell, H&R MFRC employee engagement supervisor, Jill Clarke, H&R MFRC volunteer coordinator, and Stacey Robichaud, PSP Halifax Deputy Manager. Being so close to Christmas, Blaine Fennell, base store manager from the CANEX Windsor Park, was unable to attend, however he sent his regrets and well wishes for a fun event. Blaine continues to play a vital role in the connection between the CANEX and the H&R MFRC and PSP Community Recreation.

Darren O'Connell shared a message to the audience from Shelley Hopkins, executive director at the H&R MFRC: "Despite the challenges of ever-changing public health protocols, our volunteers showed up and adapted to new

ways of doing activities and events. Your support for military families continued even though our activities and events, like departures and homecomings looked very different."

Under the bright lights of the Glow event, there were many photo opportunities, speeches, and the ceremonial cheque presentation. This cheque represents the total hours volunteered between PSP Community Recreation and the H&R MFRC. The amount is calculated at the rate of minimum wage, showcasing a dollar value of contributed hours in savings. The total amount of the cheque was \$48,278, which equates to over 3,700 volunteer hours. This is an incredible amount of time that volunteers have given these organizations. Stacey Robichaud and Darren O'Connell, representing PSP and the H&R MFRC, respectively, proudly presented the cheque to CPO1 Mondelli and Capt(N) Williams.

Volunteers are well-known at the H&R MFRC and PSP facilities, many of whom have been volunteering for over 18 years. Volunteers are military members, family members and those who have a passion for supporting military families.

Staff are truly grateful for the continued support from the CANEX. We encourage everyone to visit a CANEX location, at CFB Halifax, Windsor Park, and 12 Wing in Shearwater, or go online at www.canex.ca.

Programs and services at the H&R MFRC during a pandemic

The H&R MFRC continues to be responsive to the needs of military families by adapting to the guidelines and protocols put in place by Public Health. Our doors remain open, and although most staff are working from home, we continue to be operational, hosting programs virtually (via Zoom), providing online and over-the-phone services such as employment support and Veteran services, and offering options for those seeking mental health support. We continue to offer our morale mail service. As always, we are available by calling our 24/7 line: 902-427-7788 or connecting with us by email or on social media. Hope to see you all soon. Stay safe and be healthy.

Connect with us today!

Phone: 902-427-7788

Email: info@hrmfrc.onmicrosoft.com

Website: www.halifaxmfrc.ca

Facebook: <https://www.facebook.com/hrmfrc>

Twitter: <https://twitter.com/hrmfrc>

CAF members support booster clinics in Quebec



Sailor 1st Class Sim Truong of the Naval Reserve Unit HMCS Donnacona is one of a number of CAF members taking part in Operation Vector in support of the domestic fight against COVID-19. S1 Truong is seen here helping out at a booster vaccination clinic held at the Montreal Convention Centre on January 6.

CPL VALERIE DUCLOS-PELOQUIN, 34 BRIGADE GROUP

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The reservists on board Her Majesty's Canadian Ship *Harry DeWolf*. The ship has a normal crew size of 65 people, of which reservists make up about a fifth of the crew.

Les réservistes à bord du Navire canadien de Sa Majesté *Harry DeWolf*. Le navire est doté d'un équipage composé normalement de 65 personnes. Les réservistes comptent pour environ le cinquième de cet équipage.

CAF PHOTO / PHOTO FAC

HMCS *Harry DeWolf* reservists helped intercept smuggling vessel

By RCN

A group of Naval Reservists hailing from cities across Canada played a vital role during Her Majesty's Canadian Ship (HMCS) *Harry DeWolf*'s recent drug seizures as part of Operation Caribbe, Canada's participation in U.S.-led enhanced counter-narcotics operations in the Caribbean Sea and Eastern Pacific. Reservists make up about a fifth of the 65-member ship's company.

For Sailor 1st Class (S1) James Forneri, from the Naval Reserve Division HMCS *Griffon* in Thunder Bay, Ont., the deployment on Op Caribbe allowed him to work alongside a partner nation for the first time.

"That team is super professional, it was amazing working alongside them," S1 Forneri said, referencing the United States Coast Guard (USCG) Law Enforcement Detachment embarked in *Harry DeWolf* for Op Caribbe. The Law Enforcement

Detachment performed the boarding, searching and evidence collecting tasks during drug seizure operations, while Royal Canadian Navy (RCN) sailors drove the ship's multi-role rescue boats, operated the boats' C6 guns and supported the USCG team logistically.

As the lead ship of the new *Harry DeWolf* class of Arctic and Offshore Patrol Ships, the ship and its crew returned to its home port of Halifax on December 16, 2021 after completing an historic circumnavigation of North America. The ship departed Halifax on August 3, sailing north to take part in Operation Nanook, Canada's premiere Arctic operation. While in the Arctic, the ship and its crew charted its course via the fabled Northwest Passage, a first for the RCN since 1954.

Upon completion of Nanook, the ship sailed on to Canada's West Coast,

then down the western seaboard of North America and into the Caribbean Sea and Eastern Pacific, where it took part in Caribbe.

It was during Caribbe that the ship made its first two drug busts – milestones for both *Harry DeWolf* and the class. The Naval Reservists on board played vital roles in what happened during those two drug seizures.

In the days leading up to the November 18 seizure, Sailor 1st Class (S1) Alexander Shelton, a naval combat information operator whose home unit is HMCS *Brunswick* in Saint John, N.B., was part of the team that tracked the suspect vessel, interpreting intelligence to help create a plan of approach.

In the early hours of the morning of the interdiction, boatswains Sailor 2nd Class (S2) Mohamed Kaseem, from HMCS *Prevost* in London, Ont., S1 Jeremy Th  berge, from HMCS

Jolliet in Sept-  les, Que., and S1 Jacob Fleck-Giesbrecht, from HMCS *Nonsuch* in Edmonton, ensured the ship's two multi-role rescue boats were fueled and ready to deploy.

Boatswains and boat drivers S1 Andrew Henderson, from *Nonsuch*, and S1 Samuel Gagn  , from HMCS *Scotian* in Halifax, were in the boarding party ready room alongside members of the USCG Law Enforcement Detachment, preparing to chase down the suspect vessel.

S1 Luc Gillis, a naval communicator from HMCS *Griffon*, and S1 Forneri drove the boats and manned their C6 gun mounts, providing command presence during the boarding procedure.

The approach was directed by naval warfare officers like Lieutenants (Navy) Scott Patchett, from *Prevost*, and Joe Cheng, from HMCS *Discovery* in Vancouver. They are responsible for safely guiding *Harry DeWolf* closer to its target.

The final parts of the team which intercepted the vessel were made up of members always standing by to assist. Logistics officer Lieutenant Commander Craig Lemoine, from Winnipeg's HMCS *Chippawa*, kept the members supplied, and cook S1 Veronique Bouchard, a police officer whose home reserve unit is Montreal's HMCS *Donnacona*, ensured the crew was fueled from dawn to dusk in the galley. He also prepared the hangar to receive possible detainees or rescues from the U.S. Coast Guard team.

For many of the reservists on board, their participation in the deployment illustrates the beauty of the reserve life – the balance between a civilian career and military experiences creates endless opportunities.

"I really enjoy travelling and having the opportunity to contribute to Operation Caribbe has been an incredible experience for me," said S1 Shelton.

For S1 Bouchard, this deployment was the experience of a lifetime – taking part in *Harry DeWolf*'s historic maiden voyage.

S1 Gillis and S1 Forneri joined for the challenge of operating the first vessel in the RCN's new fleet of Arctic and Offshore Patrol Ships.

"It's an incredible experience for any reservist, and anyone interested should definitely put their name forward," said S1 Gillis. "I'm now returning to my home unit, another small, tight-knit family, and can't wait to share my experiences with them," he said of Naval Reserve Division HMCS *Griffon*.

Whether it was a first deployment, or another to add to the memory book, reservists aboard *Harry DeWolf* for its historic first voyage helped the ship circumnavigate North America by way of the Northwest Passage and Panama Canal, saw polar bears and icebergs while interacting with Canada's Inuit communities, interdicted two vessels of interest resulting in the seizure of 2,589 kg of cocaine on Operation Caribbe, and enhanced professional skills as sailors in their trades.



Des membres de la Marine royale canadienne et des membres de la garde côtière des États Unis retournent au NCSM HARRY DEWOLF avec de la marchandise de contrebande le 18 novembre 2021.

A Royal Canadian Navy member onboard HMCS Harry DeWolf operates the ship's boat launching system in order to transfer confiscated drugs to USCGC Vigilant on November 20, 2021, in the East Pacific Ocean.

LT(N) LISA TUBB / LTV LISA TUBB

Des réservistes à bord du NCSM *Harry DeWolf* contribuent à l'interception d'un navire de contrebande

Par MRC

Un groupe de réservistes de la Marine venant de partout au Canada a joué un rôle essentiel lors des récentes saisies de drogue effectuées par le Navire canadien de Sa Majesté (NCSM) *Harry DeWolf* dans le cadre de l'opération Caribbe, qui constitue la participation du Canada aux opérations antidrogues renforcées dirigées par les É.-U. dans la mer des Caraïbes et le Pacifique Est. Les réservistes représentent environ le cinquième des 65 membres de l'équipage du navire.

Pour le matelot de 1re classe (mat 1) James Forneri, de la Division de la Réserve navale, le NCSM *Griffon*, de Thunder Bay, en Ontario, sa participation à l'Op Caribbe lui a permis de travailler pour la première fois aux côtés de marins d'un pays partenaire.

« Cette équipe est très professionnelle, c'était formidable de travailler à ses côtés », a déclaré le Mat 1 Forneri, faisant référence au détachement d'application de la loi de la Garde côtière des États-Unis embarqué sur le NCSM *Harry DeWolf* pour l'Op Caribbe. Le détachement d'application de la loi a procédé à l'arraisonnement, aux fouilles et à la collecte de preuves pendant les opérations de saisie de

drogues, tandis que les marins de la Marine royale canadienne (MRC) ont conduit les embarcations de sauvetage polyvalentes du navire, ont manié les canons C6 des embarcations et ont apporté un soutien logistique à l'équipe de la Garde côtière des États-Unis.

Premier navire de la nouvelle classe HARRY DEWOLF de navires de patrouille extracôtiers et de l'Arctique, le NCSM *Harry DeWolf* est retourné à son port d'attache d'Halifax avec son équipage, le 16 décembre 2021, après avoir effectué une tournée historique de l'Amérique du Nord. Le navire a quitté Halifax le 3 août en direction du nord pour prendre part à l'opération Nanook, la principale opération du Canada dans l'Arctique. Pendant qu'il se trouvait dans l'Arctique, il a traversé le légendaire passage du Nord-Ouest, une première pour la MRC depuis 1954.

Après sa participation à l'opération Nanook, le navire s'est dirigé vers la côte Ouest du Canada, puis a navigué le long de la côte Ouest de l'Amérique du Nord avant d'entrer dans la mer des Caraïbes et le Pacifique Est, où il a pris part à l'opération Caribbe.

C'était au cours de l'opération

Caribbe que le navire a effectué ses deux saisies de drogue qui constituent des étapes importantes pour le navire *Harry DeWolf* et la classe. Les réservistes de la Marine qui se trouvaient à bord ont joué un rôle essentiel dans l'exécution de ces deux saisies de drogue.

Dans les jours qui ont précédé la saisie du 18 novembre, le Mat 1 Alexander Shelton, opérateur d'équipement d'informations de combat (Marine) dont l'unité d'appartenance est le NCSM *Brunswick* de Saint John, au Nouveau-Brunswick, faisait partie de l'équipe qui a suivi le navire suspect et qui a interprété les données de renseignement servant à l'établissement d'un plan d'approche.

Aux premières heures du matin de l'interdiction, trois manœuvriers, le matelot de 2e classe (mat 2) Mohamed Kaseem, du NCSM *Prevost* de London, en Ontario, le Mat 1 Jeremy Théberge, du NCSM *Jolliet* de Sept-Îles, au Québec, et le Mat 1 Jacob Fleck-Giesbrecht, du NCSM *Nonsuch* d'Edmonton, se sont assurés que les deux embarcations de sauvetage polyvalentes du navire étaient pleines de carburant et prêtes à être utilisées.

Les manœuvrier et conducteur de bateau, le Mat 1 Andrew Henderson, du NCSM *Nonsuch*, et le Mat 1 Samuel Gagné, du NCSM *Scotian* d'Halifax, se trouvaient dans la salle de préparation de l'équipe d'arraisonnement avec les membres du détachement d'application de la loi de la Garde côtière des États-Unis, pour se préparer à poursuivre le navire suspect.

Le Mat 1 Luc Gillis, spécialiste en communications navales du NCSM *Griffon*, et le Mat 1 Forneri ont conduit les embarcations et manié les affûts pour canon C6, assurant une présence de commandement pendant la procédure d'arraisonnement.

L'approche a été dirigée par des officiers de guerre navale, à savoir les lieutenants de vaisseau Scott Patchett, du NCSM *Prevost*, et Joe Cheng, du NCSM *Discovery* de Vancouver. Les deux officiers avaient la responsabilité de guider en toute sécurité le NCSM *Harry DeWolf* vers sa cible.

Les derniers membres de l'équipe qui a intercepté le navire se tenaient toujours prêts à aider. L'officier de la logistique, le capitaine de corvette Craig Lemoine, du NCSM *Chippawa* de Winnipeg, a veillé à ce que les militaires ne manquassent de rien, et la cuisinière, le Mat 1 Véronique Bouchard, policière dont l'unité de réserve d'appartenance est le NCSM *Donnacona* de Montréal, a nourri l'équipage de l'aube au crépuscule dans la cuisine. L'équipe a également préparé le hangar pour accueillir les personnes qui seraient détenues ou secourues par l'équipe de la Garde côtière des États-Unis.

Pour bon nombre des réservistes à bord, le fait de participer à ce déploiement illustre la beauté de la vie de réserviste : l'équilibre entre une carrière civile et les expériences militaires offre des possibilités infinies.

« J'aime beaucoup voyager, et l'occasion qui m'a été donnée de contribuer à l'opération Caribbe a été pour moi une expérience incroyable », a déclaré le Mat 1 Shelton.

Pour le Mat 1 Bouchard, ce déploiement a été la plus belle expérience de sa vie : il a pris part au voyage inaugural historique du *Harry DeWolf*.

Les Mat 1 Gillis et Forneri ont voulu relever le défi de travailler à bord du tout premier navire de la nouvelle flotte de navires de patrouille extracôtiers et de l'Arctique de la MRC.

« Il s'agit d'une expérience incroyable pour tout réserviste, et toute personne intéressée doit absolument se manifester », a déclaré le Mat 1 Gillis, de la Division de la Réserve navale, le NCSM *Griffon*. Je retourne maintenant à mon unité d'appartenance, une autre petite famille très unie, et j'ai hâte de raconter mes expériences à mes camarades de bord. »

Qu'il s'agisse de leur premier déploiement ou d'un autre à ajouter à leur album souvenirs, les réservistes qui étaient à bord du *Harry DeWolf* lors de son premier voyage historique ont aidé le navire à faire le tour de l'Amérique du Nord et à franchir le passage du Nord-Ouest et le canal de Panama, ont vu des ours polaires et des icebergs tout en interagissant avec les communautés inuites du Canada, ont intercepté deux navires d'intérêt, ce qui a permis de saisir 2 589 kg de cocaïne dans le cadre de l'opération Caribbe, et ont perfectionné leurs compétences professionnelles en tant que marins, chacun dans son groupe professionnel.



January 26, 2022 is #BellLetsTalk Day

Here are ways that you, our local Defence Team, can get involved

By CFB Halifax

January 26, 2022 is #BellLetsTalk Day. On this day, Bell will donate more towards mental health initiatives in Canada through contributing 5¢ for every applicable text, call, tweet or TikTok video using #BellLetsTalk. The theme for this year's campaign is supporting ourselves and each other. Here are ways that you, our local Defence Team, can get involved:

- Keep an eye on our #CFBHalifax social media accounts leading up to Bell Let's Talk Day. We will be sharing mental health resources available to our Defence Team members and their families while showcasing mental health advocates employed here on Base.
- Observe this year's CFB Halifax Bell Let's Talk flag raising safely

online, as we will not be encouraging a large gathering for the flag raising event. The video will be posted on our CFB Halifax social media channels early on Bell Let's Talk Day.

- Email CFBHalifaxPublicAffairs@forces.gc.ca with a photo/photos or a brief, 15 second video of you talking about how you support yourself and others when it comes to your mental health.
- Register for the Government of Canada Bell Let's Talk Day 2022: Spotlight on Peer Support virtual event: [Government of Canada Bell Let's Talk Day 2022: Spotlight on Peer Support - CSPS \(csps-efpc.gc.ca\)](https://www.gov.gc.ca/bell-lets-talk-day-2022/spotlight-on-peer-support)
- Watch the Defence Team virtual panel discussion on mental health: [Bell Let's Talk 2022: Join the Defence Team conversation about](https://www.bell.ca/lets-talk/2022/peer-support)

[mental health - Canada.ca](https://www.bell.ca/lets-talk/2022/peer-support)

- On January 26, send out texts, calls, tweets, TikTok, or Snapchats using #BellLetsTalk, watch social media Bell Let's Talk videos and use the Bell Let's Talk Snapchat filter and Facebook frame.

- Visit the Bell Let's Talk website to learn more about how you can support yourself and others: <https://letstalk.bell.ca/en/ways-to-help>

January 26, 2022 is #BellLetsTalk Day.

Le 26 janvier 2022 est la Journée #BellCausePourLaCause.

SUBMITTED/SOUMIS



Le 26 janvier 2022 est la Journée #BellCausePourLaCause.

Voici des façons dont vous, notre Équipe de la Défense locale, pouvez participer

Par BFC Halifax

Le 26 janvier 2022 est la Journée #BellCausePourLaCause. Lors de cette journée, Bell versera cinq cents de plus à des initiatives canadiennes en santé mentale pour chaque message texte ou appel applicable, chaque gazouillis ou vidéo TikTok utilisant le mot-clic #BellCausePourLaCause. Le thème de la campagne de cette année est « prendre soin de soi et des autres ». Voici des façons dont vous, notre #ÉquipeDéfense locale, pouvez participer :

- Surveiller les messages sur nos comptes de médias sociaux de la #BFC Halifax précédant la Journée Bell Cause pour la cause. Nous communiquerons les ressources en santé mentale mises à la disposition des membres de notre Équipe de la Défense et de leur famille et présenterons les intervenants du milieu de la santé mentale travaillant ici sur la base.
- Observer le lever du drapeau de Bell Cause pour la cause de la BFC Halifax de cette année en ligne en toute sécurité, car nous ne prévoyons pas de grand rassemblement pour l'occasion. La vidéo de l'événement sera publiée sur nos pages de médias sociaux de la BFC Halifax au début de la Journée Belle Cause pour la cause.
- Faire parvenir par courriel à CFBHalifaxPublicAffairs@forces.gc.ca une ou plusieurs photos ou une courte vidéo de 15 secondes de vous montrant la façon dont vous prenez soin

de vous et des autres lorsqu'il s'agit de santé mentale.

- Vous inscrire à la Journée Belle Cause pour la cause du gouvernement du Canada 2022 : pleins feux sur le soutien par les pairs : [Journée Bell Cause pour la cause du gouvernement du Canada 2022 : pleins feux sur le soutien par les pairs - EFPC \(csps-efpc.gc.ca\)](https://www.gov.gc.ca/bell-lets-talk-day-2022/pleins-feux-sur-le-soutien-par-les-pairs)
- Visionnez la discussion de groupe virtuelle de l'Équipe de la Défense sur la santé mentale : Bell Cause pour la cause 2022 : [Bell Cause pour la cause 2022 : Prenez part la discussion de l'Équipe de la Défense sur la santé mentale - Canada.ca](https://www.bell.ca/lets-talk/2022/prenez-part-la-discussion-de-l-equipe-de-la-defence-sur-la-sante-mentale)
- Le 26 janvier, envoyez des textos, des appels, des gazouillis ou des messages TikTok ou Snapchats en utilisant le mot-clic #BellCausePourLaCause, regardez les vidéos de Bell Cause pour la cause sur les médias sociaux et utilisez les filtres Snapchat et Facebook Bell Cause pour la cause.
- Consultez le site Web de Bell Cause pour la cause pour en apprendre davantage sur la façon dont vous pouvez prendre soin de vous et des autres : <https://cause.bell.ca/fr/facon-aider>

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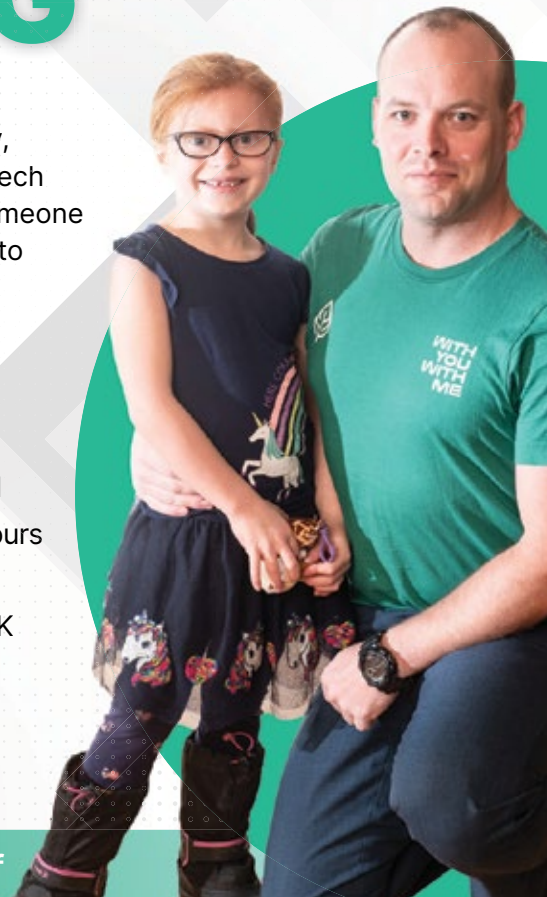
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HMC Ships *Moncton* and *Goose Bay* left Halifax on January 20 for a deployment to Operation Projection in West Africa.

JOANIE VEITCH, TRIDENT STAFF



The ships collected a number of items to be donated to communities they visit during the deployment, including school supplies, sports equipment, and more.

SUBMITTED

HMC Ships *Moncton* and *Goose Bay* leave for Operation Projection

By Joanie Veitch,
Trident Staff

For the first time since 2020, two of the Royal Canadian Navy's Kings-ton-class ships — HMC Ships *Goose Bay* and *Moncton* — are crossing the Atlantic Ocean on deployment to Operation Projection West Africa.

Operation Projection is a strategic deployment that aims to promote maritime stability and security in the Gulf of Guinea region. Working with West African partner nations, the goal is to foster and develop relationships, building capacity through cooperative activities.

While deployed, the ships will also participate in Obangame Express 2022, a multi-nation exercise led by US Africa Command.

HMC Ships *Gloucester* and *Shawinigan* deployed on the same mission in early 2020, but the operation was cut short due to the COVID-19 pandemic. Last year's scheduled deployment to West Africa for *Shawinigan* and *Goose Bay* was also canceled.

With December's surging COVID-19 case numbers resulting in more restrictions across Maritime Forces Atlantic (MARLANT), the pandemic continued to add a wrench into the works as the crews of *Goose Bay* and *Moncton* prepared for their January 20 departure, said Cdr Daniel Rice, Commanding Officer of *Goose Bay*, in an interview a few days before departure.

"Deploying after the Christmas break is always a challenge, but

deploying with MARLANT in maroon posture, when everything is operating at half capacity, makes things not just twice as hard, it's more like four times as hard," said Cdr Rice. "But everyone's so motivated... people's positive attitude has made the difference for sure."

The crossing will take about a month, and will include a port call at the Spanish naval base in Las Palmas, on Gran Canaria in the Canary Islands, to get fuel and supplies before heading to West Africa.

While in the region the ships have several scheduled port visits: Dakar, Senegal; Abidjan, Côte d'Ivoire; Tema, Ghana; Takoradi, Ghana, and Freetown, Sierra Leone.

On the way back to Canada, the ships will also stop at the Port of Funchal, in the Portuguese island of Madeira.

Port visits will be handled on a "case by case" basis and decided in consultation with the Canadian Defence Attaché (CDA) in the region, along with CAF Health Services, said Cdr Rice.

"The critical part in deciding our activities will be the hospitalization rates in the area. For every port we have a rough plan and then, depending on what the data says, we may either scale up or scale back or even cancel some activities. We'll be taking it country by country and port by port," he said.

"This is part of the Navy getting back to regular operations, but in an ongoing pandemic environment. Over the past year and a half we've learned a lot but now, with vaccinations in place and following public health measures, we are much more comfortable and can manage. We're aiming for maximum flexibility, while still being prudent."

With more than 30 countries taking part, Obangame Express 2022, scheduled from March 12 - 27, is the region's largest annual military exercise. Led by Naval Forces Africa (NAF), the forward-deployed naval component of US Africa Command, the exercise focuses on maritime interdiction operations, as well as visit, board, search and seizure techniques.

A detachment of personnel from the Naval Tactical Operations Group (NTOG) and a Maritime Operations Centre (MOC) mentorship team have deployed with *Moncton* and *Goose Bay* and will also participate in the exercise.

"The main maritime security challenges in the region are piracy, kidnapping and illegal fishing. Most of the nations we're working with have very small navies so part of our role is to help them to build capacity and train for these types of situations," explained Cdr Rice.

In the lead-up to deployment, the ships' crews — helped by the Halifax

& Region Military Family Resource Centre — collected donations of school supplies, hygiene products and sports equipment to bring for distribution to the various African countries they will be visiting.

HMCS *Carleton*, the naval reserve division in Ottawa, also coordinated a kids' shoe drive and a *Goose Bay* sailor, MS Frederic Duclos, also raised \$2,400 to buy more than 100 soccer balls, hand pumps and goalie gloves.

Cdr Rice said the ships will work with the Canadian Defence Attaché, to ensure the various donations go to where they are most needed.

S1 Martha Mbuyi-Kanyinda is a reservist based out of HMCS *Chippawa*, a Naval Reserve division in Winnipeg, Manitoba. Now 23 years of age, she was born in Tanzania in East Africa, and moved to Canada with her family at age nine. She joined the Naval Reserves in 2016 and was posted to *Goose Bay* last May, working as a Naval Communicator (NAVCOMM).

"I'm pretty excited. It's the first time I'm doing a long deployment like this... I'm looking forward to it, especially as we'll get to do some hands-on stuff, working with children there and helping out. Things like that are really close to my heart."

The ships are scheduled to return to Halifax on April 15.



Padre's Corner: A photo I hope you never see

By Padre Capt Mark SG Sceviour,
Fleet Chaplain

This week I went and got my media photos taken. You all know the ones I'm talking about. When my wife asked how my day was, I responded 'Not bad, had some photos taken that I hope you never see.' That took her by surprise. The normalcy of taking 'funeral photos' was not normal for her. And that's when it struck me, our military lives are different from most Canadians or even members of my family.

It also got me thinking, have I prepared my family in case the worst does happen? Sure, I've signed all the right documents (mainly because the military forces me to do that once a year) but have I had a real conversation about unlimited liability? Have I had a talk about my wishes for end of life and funeral care? Have I really had the conversation about the fact that my employer is the military and that I sail on a warship?

The answer is most of us have not had those conversations. They aren't fun. Why would we take the precious family time we have and have morbid conversations? Because if we don't, it's not fair to the ones we leave behind.

I've asked many sailors if their families know their wishes when it comes to funeral plans. The answer I get most often is 'I'm not bothered by that stuff, they can do what they want,' Or 'I don't want to burden them with a laundry list, so I've said nothing.' Take it from me, a Chaplain who's journeyed with many

families when they are facing those hard difficult decisions – not knowing what you would have wanted is the worst. You have to give them something.

If you feel you can't sit down and have a face to face conversation with your loved one(s) about end of life decisions, then write it down. Put it in the file cabinet and tell them it's there in case the worst outcome happens. If you can sit down with your loved one(s), please do. Talk to them about some of your wishes. Talk about whether you want a cremation or a casket. A traditional funeral, a celebration of life or both.

What if you really don't care? Still give them something. Give them some achievable tasks. Maybe you want everyone to wear Maple Leafs jerseys to your wake, or you want a confetti cannon to go off as your remains are removed from the church/funeral home? Or maybe you have a favorite beer or beverage that you want everyone to raise a cheer with. Maybe you have some ideas of the songs you'd like played as your photo slide deck plays. Let them know.

I hope my wife never sees my deployment media photo. If she does, I hope she's comforted in knowing that I would have loved seeing my friends and family all wearing red clown noses, raising a pint, and singing 'Home for a Rest' as loud as they can.

Virtual Coffee Talks with the CDS and CAF CWO

By DND



Chief of the Defence Staff Gen Wayne Eyre

DND

General Wayne Eyre and Chief Petty Officer First Class Gilles Grégoire have launched their new virtual Coffee Talk series. These hour-long, informal sessions provide a small group of Defence Team members (up to 15 per session) an opportunity to share a virtual coffee with the CDS and CAF CWO and to discuss issues, both big and small.

The Coffee Talk series offers participants

a forum to highlight issues, propose solutions, and learn about the CAF Command Team's goals and priorities in a relaxed, psychologically-safe environment. These sessions also provide the CDS and CAF CWO with perspectives from a wide range of voices within the Defence Team and will help nuance their understanding of the issues that are top-of-mind for military and civilian members.

The sessions will operate under Chatham House Rules to enable the free exchange of ideas. The next Coffee Talk will take place in a virtual format via MS Teams on January 26. To participate in a future session, send your name, your organization, what it is you do, and any other information about yourself you would like to share to: +Internal Communications internes@ADM(-PA)@Ottawa-Hull



Promotions at 12 Wing OSS

Capt Crowell promotes Lieutenant Dabadi to his current rank at 12 Operations Support Squadron, 12 Wing Shearwater, during a promotions ceremony held in the fall of 2021. Congratulations to all those who were promoted!

CPL OLIVIA MAINVILLE



Hi-tech fix in the works to help RCN avoid marine mammals

By Peter Mallet,
The Lookout Staff

The welfare of marine mammals is a constant concern for the Royal Canadian Navy (RCN). Thanks to Defence Research and Development Canada's (DRDC) recent equipment testing, a new technology will improve the RCN's ability to detect and avoid marine wildlife.

A team of researchers launched the surf-board shaped Data Xplorer, a solar-powered ocean drone, into the ocean near Esquimalt, B.C., on November 23.

The goal is to detect marine mammals by towing a passive hydrophone array and recording or sending back data to a command centre. If whales are detected, the Royal Canadian Navy (RCN) can use the information to pause, delay or relocate operations to avoid them.

"The best strategy to reduce the risk of harm to marine mammals is avoidance, and also the development of new automated technology to improve the monitoring of sea life," says Major (Maj) Dugald Thomson, a Royal Canadian Air Force officer currently on secondment to DRDC as its Air Liaison Officer.

The ocean drone, developed by Victoria-based Open Ocean Robotics, spent a day sailing near Chatham, Discovery and Trial islands, recording underwater sounds. The automated processing on board the vehicle detected baleen whale moans and Pacific white-sided dolphin whistles. These detections will be manually verified after the trial.

Maj Thomson says the Data Xplorer has the potential to deploy at sea prior to military exercises. The RCN would not own or operate the drone, instead contracting out a pre-exercise sweep of a specified area to Open Ocean Robotics.

Aside from passive sonar array data, the Data Xplorer has a 360-degree camera; a weather station that collects oceanographic atmospheric information such as wind speed, temperature and barometric pressure; a wave sensor; a multi-beam depth sounder to gather ocean depth and topography information; and additional sensors that can be outfitted.

So far, the company has built three prototypes that can transmit the information to its shore command centre via satellite uplink or a cell phone connection.

Open Ocean Robotics is working closely with JASCO Applied Sciences to develop the autonomous patrol capability. DRDC, meanwhile, is developing a decision support app to process and integrate data captured by a multitude of sources including uncrewed platforms like the Data Xplorer. The app would also provide decision support for a ship command team to manage the risks of at-sea operations. They plan to prototype the app in-house over the next two years, says Maj Thomson.

Protection of marine mammals is part of the federal government's Ocean Protection Plan. It specifically focuses on three endangered



Researchers prepare to install a hydrophone on the Data Xplorer.

Des chercheurs se préparent à installer un hydrophone sur le Data Xplorer.

cetacean species: southern resident killer whales, St. Lawrence belugas and North Atlantic right whales, which may be impacted by anthropogenic noise such as seismic surveys or active sonar use.

The military is actively working to mitigate its impact on ocean-going wildlife. The solution lays in automating marine monitoring, says Maj Thomson, and having that information fed to a central place for instant access by the crew of a ship or aircraft.

"This research is applying advances in passive sonar technology to alert decision-makers when whales are nearby."

Maj Thomson hopes the new technology is a game-changer for military operations.

Solution de haute technologie envisagée pour aider à éviter les mammifères marins

Par Peter Mallet,
Équipe du Lookout

Le bien-être des mammifères marins représente une préoccupation constante au sein de la Marine royale canadienne (MRC). Grâce aux récents essais d'équipement effectués par Recherche et développement pour la défense Canada (RDDC), une nouvelle technologie permettra d'améliorer la capacité de la MRC de détecter et d'éviter la faune marine.

Le 23 novembre, une équipe de chercheurs a lancé dans l'océan près d'Esquimalt, en Colombie-Britannique, le Data Xplorer, un drone océanique en forme de planche de surf alimenté par l'énergie solaire.

L'objectif est de détecter des mammifères marins en remorquant un réseau d'hydrophones passifs et en enregistrant

ou en envoyant des données à un centre de contrôle. Si l'on détecte des baleines, la MRC pourra utiliser ces données afin de décider si elle doit interrompre, retarder ou déplacer les opérations afin de les éviter.

« La meilleure stratégie pour réduire les risques de causer du tort aux mammifères marins est de les éviter, ainsi que de développer de nouvelles

technologies automatisées pour améliorer la surveillance de la vie marine, déclare le major (Maj) Dugald Thomson, un officier de l'Aviation royale canadienne, qui est actuellement en détachement à RDDC à titre d'officier de liaison de la Force aérienne.

Le drone océanique, conçu par l'entreprise Open Ocean Robotics de Victoria, s'est déplacé pendant une journée près des îles Chatham, Discovery et Trial, pour enregistrer les sons sous-marins. Le traitement automatisé à bord du véhicule a permis de détecter des gémissements de baleines à fanons et des sifflements de dauphins à flancs blancs du Pacifique. Ces détections seront vérifiées manuellement après l'essai.

Le Maj Thomson affirme que le Data Xplorer pourrait être déployé en mer avant la tenue d'exercices militaires. La

MRC ne posséderait pas et n'exploiterait pas le drone, mais confierait à Open Ocean Robotics le balayage préalable à un exercice dans une zone donnée.

En plus du sonar passif qui transmet des données de réseau, le Data Xplorer est équipé d'une caméra à 360 degrés, d'une station météorologique, qui recueille des renseignements atmosphériques et océanographiques, comme la vitesse du vent, la température et la pression barométrique, d'un capteur de vagues, d'un sondeur multifaisceaux, qui recueille des renseignements sur la profondeur et la topographie de l'océan, et de capteurs supplémentaires qui peuvent être équipés.

Jusqu'à maintenant, l'entreprise a construit trois prototypes capables de transmettre des données à son centre de contrôle à terre, au moyen d'une liaison montante par satellite ou d'une connexion par téléphone portable.

Open Ocean Robotics travaille en étroite collaboration avec JASCO Applied Sciences à l'élaboration de la capacité de patrouille autonome. Pour sa part, RDDC est en train de mettre au point une application d'aide à la prise de décision pour traiter et intégrer les données saisies par une multitude de sources, y compris les plateformes sans équipage, comme le Data Xplorer. L'application fournira également des données d'appui à la prise de décision qui permettra à l'équipe de commandement du navire de gérer les risques associés aux opérations en mer. L'équipe de RDDC prévoit réaliser le prototype de l'application interne au cours des deux prochaines années, indique le Maj Thomson.

La protection des mammifères marins fait partie du Plan de protection des océans du gouvernement. Il vise particulièrement trois espèces de cétacés en péril : les épaulards résidents du Sud, les bélugas du Saint-Laurent et les baleines noires de l'Atlantique Nord, qui peuvent être affectés par des bruits anthropiques, comme ceux produits par les levés sismiques ou lors de l'utilisation du sonar actif.

L'armée s'efforce activement d'atténuer son incidence sur la faune océanique. Selon le Maj Thompson, la solution repose sur l'automatisation de la surveillance marine et sur la transmission des données recueillies à un endroit central auquel l'équipage d'un navire ou d'un aéronef peut accéder instantanément.

« Cette recherche applique les progrès technologiques du sonar passif pour alerter les décideurs lorsque des baleines sont à proximité. »

Le Maj Thomson espère que cette nouvelle technologie changera la donne pour les opérations militaires.

SUBMITTED/SOUMIS



SPORTS & FITNESS



Members of HMCS Fredericton participated in the Strength at Sea Fitness Challenge while deployed to Operation Reassurance in the fall of 2021.

CPL LAURA LANDRY

Strength at Sea Fitness Challenge

By Trident Staff

The PO2 Craig Blake Memorial Fitness Challenge is a short distance “sprint” triathlon held at MacDonald’s Beach near 12 Wing Shearwater each September. The event is organized to honour the athletic achievements of avid cyclist and triathlete, PO2 Craig Blake, the first Canadian soldier to fall in Afghanistan. The goal of the event is to bring people of all fitness levels together to strive to do their best through friendly competition.

With HMCS *Fredericton* deployed on Operation Reassurance while the 2021 Fitness Challenge took place at home, members of the ship expressed interest to Race Director Kevin Miller from PSP in supporting the event while at sea.

Coordination began immediately, with Sports Officer MCpl Kerri Shultz tasked to come up with a plan to make it happen. It was decided to utilize a rower, stationary bike and treadmill onboard for the challenge. The 300m swim, 6.5km bike and 2km run of the PO2 Craig Blake Memorial Fitness Challenge were replaced with a 1000m row, 6.5km bike and 2km run on the stationary fitness equipment. A mandatory 1 minute transition time was used to ensure transitions were done safely and allow time to adjust the equipment to fit each competitor. Participants could

sign up for the individual category where they would complete all 3 activities, or in the team category where each member completed one leg of the event in a relay format.

“Overall, we had a great time organizing the event and we were pleased with the turn out. It definitely boosted the morale onboard and gave everyone something to train for during the deployment. I loved seeing fresh faces back in the gym and on the cardio equipment,” MCpl Schultz said.

“Members who competed in the Challenge have stated that they found time in their busy work schedules to still train hard for the event and push themselves physically to reach their goal time. Others have even mentioned that the competition gave them something to look forward to during the middle of the deployment.”

The event was dubbed the Strength at Sea Fitness Challenge, and PSP staff designed a personalized logo and T-shirt for the event. The design incorporated elements of the PO2 Craig Blake Memorial Fitness Challenge logo, HMCS *Fredericton* badge and motto “Stalker of the Seas.”

“I’m really glad we were able to make this happen for the members of HMCS *Fredericton*. The feedback

has been fantastic. Hopefully the Strength at Sea Fitness Challenge can be continued next year by all ships on deployment in the fall,” Miller added.

Results: Fellow Sports Officer PO2 Matt Swain assisted MCpl Schultz in coordination and timing of the event. A leaderboard was updated daily and placed in the canteen flats, creating friendly competition between peers and comrades. Plaques and prizes were distributed upon completion of the event. Top three prizes were awarded in each category.

Individual Category

1st – PO2 Matt Swain
2nd – CPO2 Dan Doyle
3rd – Mcpl Jeremy Poitras

Team Category

1st – Cmdre Brad Peats, CPO2 Dan Doyle, Capt Steve Morris
2nd – S1 Cameron Huckabone, S1 Will Bonvie, S1 Yazdan Kelewala
3rd – S1 Brad Morrison, MS Donald O’Leary, S1 Nathan Wright



PSP Fitness and Sports Instructor Hannah Doiron.

SUBMITTED

Action plan: Staying fit while staying safe

By Joanie Veitch,
Trident Staff

Coming back after the holiday break, fitness instructor Hannah Doiron was struck by how quiet it was at the Shearwater gym.

But given the high numbers of positive cases of COVID-19 being reported daily, she said she wasn't surprised.

"We're at reduced capacity right now but we're seeing far fewer than what is even allowed right now. It's definitely a strange time. People are feeling really cautious right now."

Doiron, who graduated from Acadia University in 2020 with a bachelor of kinesiology, started working at the

Shearwater Fitness Sport and Recreation Centre last May.

With Maritime Forces Atlantic (MARLANT) currently in 'maroon (control) posture', Fleet and Shearwater gyms are operating at reduced capacity: 50 per cent staff and 25 per cent members — with facilities only open for active military members, DND personnel and reservists.

All lunchtime PT and fitness classes are cancelled with the exception of FORCE prep classes, which Doiron leads.

"We normally would do a maximum

of ten in those classes, so for now we've split them into two groups of four, plus the instructor, and that's working well," she said.

As it's likely operations will stay at reduced capacity for a few more weeks at least, finding a fitness routine that works is important, for both physical and mental health, said Doiron.

"It's a difficult time and it's easy to feel down and lose motivation," she said. "There are always some people who don't struggle with staying motivated, but that's only about 30 per cent of the population. For the rest of us, it can be hard."

Reflecting back to what worked for her during an earlier restricted period, Doiron said she found it helpful to make a pact with a friend to exercise together.

"We would alternate going to each other's backyards. We'd put music on and do a workout together. It was great, especially because it was social, which is something we really miss during these times."

Having a workout "buddy" helps with that sense of accountability too, Doiron added. "You show up for each other and it helps you both to stick with it."

For those people who are used to the gym environment — the workout equipment and various weights — Doiron suggests getting inventive with what's on hand around the house.

"Fill a backpack with books or some other weight and use that for doing deadlifts. Fill smaller bags with something heavy and use that instead of dumbbells... it's amazing what you can come up with, and it can help make it more fun too," she said.

PSP Fitness also has online workout videos on the Canadian Forces Morale and Welfare Services [YouTube activity channel](#), including a playlist of local CFB Halifax fitness instructors offering online sessions.

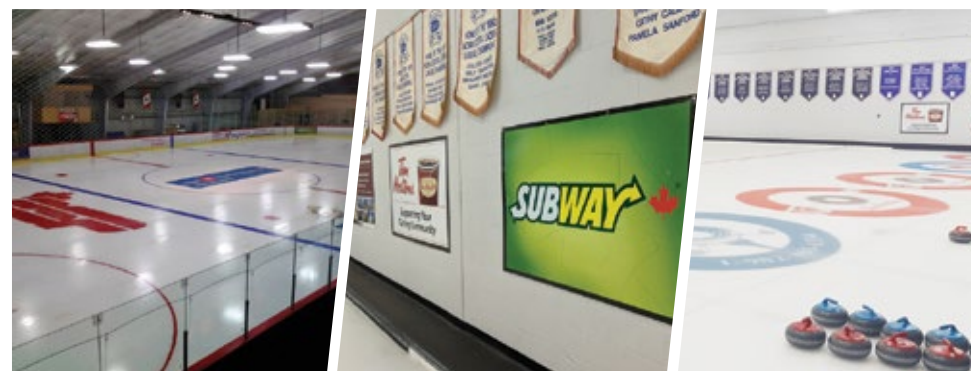
Having grown up in an active family, Doiron also suggests family workouts as a great way to stay fit and have fun together.

"You have to find what works for you, Making it something fun you do together can make a huge difference," Doiron said.

For anyone looking to boost their motivation, the PSP Halifax Fitness team is also promoting the PSP Winter Challenge 2022. Running from January 31 to February 28, participants aim to complete at least 600 minutes of physical activity, either as an individual or as a part of a team.

Outdoor activities, such as skating, snowshoeing, hiking or walking, as well as indoor exercise classes — either virtual or in-person classes and strength workouts — all count towards that 600 minutes.

Visit cafconnection.ca/winterchallenge for more information on the Winter Challenge.



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