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TRIDENT

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

En route to Operation Projection

HMCS Goose Bay is seen in the port of St. George's Harbour, Bermuda on January 23. The ship arrived alongside HMCS Moncton for a planned stop before continuing on to West Africa to participate in training and outreach activities as part of Operation Projection.

CPL JACYLN BUELL





African Nova Scotian flag

On February 1, 2022, for the first time, the African Nova Scotian flag was raised at CFB Halifax headquarters during morning colours to mark the start of African Heritage Month in Nova Scotia and Black History Month in Canada. The African Nova Scotian flag is very new, officially unveiled last year on February 15, 2021 outside of the Black Cultural Centre for Nova Scotia in Cherry Brook, N.S. Designed by visual designer Wendy Wilson, the flag showcases several colours that have different symbolization: red is for the blood and sacrifice, gold is for the cultural richness, green for fertility and growth, and black for the people.

The design in the middle of the flag is Wendy Wilson's stylized adaptation of Sankofa, an ancient Adinkra symbol conceived in West Africa, which signifies the importance of bringing past knowledge to the present.

Many thanks to the Base Chief's team and MARLANT Defence Visible Minority Advisory Group (DVMAG) civilian co-chair Rene Gannon for working to ensure this important flag was raised this year. Our Base family is honoured to join with Nova Scotians and Canadians in celebration of the rich legacy of Black Canadians and communities

For more information in Afri-



can Heritage Month in Nova Scotia: <https://www.ahm.bccnsw.com/wp/home/>

For more information on Black History Month in Canada: <https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>

CFB HALIFAX

Drapeau des Afro-Néo-Écossais

Le 1er février 2022, et pour la première fois, le drapeau des Afro-Néo-Écossais a été hissé au quartier général de la BFC Halifax pendant la cérémonie des couleurs matinale pour marquer le début du Mois du patrimoine africain en Nouvelle-Écosse et du Mois de l'histoire des Noirs au Canada. Le drapeau des Afro-Néo-Écossais est très récent. Il a été officiellement dévoilé l'année dernière, le 15 février 2021, à l'extérieur du Black Cultural Centre for Nova Scotia, à Cherry Brook (N.-É.). Conçu par la conceptrice visuelle Wendy Wilson, le drapeau arbore plusieurs couleurs qui ont des symboles différents : le rouge représente le sang et le sacrifice, l'or, la richesse culturelle, le vert, la fertilité

et la croissance, et le noir, le peuple. Le dessin au centre du drapeau est l'adaptation stylisée par Wendy Wilson du Sankofa, un ancien symbole Adinkra conçu en Afrique occidentale, qui souligne l'importance de transmettre les connaissances du passé au présent.

Un grand merci à l'équipe du premier maître de la base et au coprésident civil du Groupe consultatif des minorités visibles de la Défense (GCMVD) des FMAR(A), René Gannon, pour avoir œuvré afin que cet important drapeau soit hissé cette année. La famille de la base est honorée de se joindre aux Néo-Écossais et aux Canadiens pour célébrer le riche héritage des Canadiens noirs et de leurs communautés.



Pour en savoir davantage sur le Mois du patrimoine africain : <https://www.ahm.bccnsw.com/wp/home/>

Pour en savoir davantage sur le Mois de l'histoire des Noirs au Canada : <https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>

BFC HALIFAX

Face of Base: Michel Poulin

By CFB Halifax

Michel was born on the outskirts of Quebec City. He joined the Royal Canadian Navy #RCN in 1982 where he served for twenty-seven and a half years as a Hull Technician. Michel Poulin retired from the Navy in 2009 after which he accepted a position as a Safety & Environment Officer at FMF Cape Scott, taking care of various safety programs.

On top of his normal duties, Michel became an Employee Assistance Program* (EAP) Peer Advisor in 2015 and hasn't looked back. In this role, he contributes to the well-being of his colleagues by helping them navigate through different resources. Michel was inspired to join EAP by now-retired FMF Cape Scott employee Annette Scott, who had been part of the EAP pro-

gram since it first started.

Michel is one of the only two bilingual EAP Peer Advisors in the Atlantic region and views this as a rewarding opportunity to help someone struggling move forward with their life. His advice to those who are struggling? Do not hesitate to ask for help. EAP services are confidential.

Holly Scothorn, local EAP Coordinator, considers Michel to be instrumental in the continued success of the program in the Atlantic Region, as he is one of the limited local Peer Advisors who is an essential worker on the ground during this pandemic. Prior to the pandemic in 2020, he took on the development of the EAP #BellLetsTalk initiative by coordinating the production of custom #CFBHalifax Bell Let's

Talk phone booths, which have since been used yearly for promotion and awareness.

A fun fact not many people know about Michel Poulin, is although he is known as a strict person, he can become goofy when the need arises. He has been known as a protector from his early days in the Navy and adapts to any role he needs to play.

Michel enjoys walking, hiking, kayaking, trout fishing and enjoying nature. The most important way Michel takes care of his mental health is by spending time with friends and family, especially his children.

Thank you, Michel, for being such an important asset to the EAP team and to our entire Defence community!

*The DND [Employee Assistance Program \(EAP\)](#)

provides free and confidential help and support to Defence Team members and their immediate family members when experiencing personal or professional issues affecting their mental health and well-being. To access any of the many [services and programs](#) please visit the Defence Team Mental Health and Wellness page.



Michel Poulin

SUBMITTED/SOUMIS

Gens de la BFC Halifax: Michel Poulin

Par BFC Halifax

Michel est né dans la banlieue de Québec. Il s'est joint à la Marine royale canadienne (#MRC) en 1982. Pendant vingt-sept ans et demi, il a occupé le poste de technicien de coque. Michel Poulin a pris sa retraite de la Marine en 2009. Par la suite, il a accepté un poste d'officier de la sécurité et de l'environnement à l'installation de maintenance de la Flotte (IMF) Cape Scott, où il s'est occupé de divers programmes de sécurité.

En plus de ses fonctions habituelles, Michel est devenu conseiller du Programme d'aide aux employés* (PAE) auprès des pairs en 2015 et ne l'a jamais regretté. À ce titre, il contribue au bien-être de ces collègues en les aidant à s'orienter parmi les différentes ressources. Le désir de Michel de se joindre au PAE a été inspiré par Annette Scott, une employée de l'IMF Cape Scott, aujourd'hui à la retraite, qui faisait partie de l'équipe du PAE à ses débuts.

Michel est l'un des deux seuls conseillers bilingues du PAE auprès des pairs dans la région de l'Atlantique et il considère qu'il s'agit d'une occasion enrichissante d'aider une personne en difficulté à avancer dans sa vie. Son conseil aux personnes qui éprouvent des difficultés? N'hésitez pas à demander de l'aide. Les services du PAE sont confidentiels.

Holly Scothorn, coordonnatrice locale du PAE, estime que Michel joue un rôle déterminant dans le succès continu du programme dans la région de l'Atlantique, car il est l'un des rares conseillers locaux auprès des pairs à occuper un poste essentiel sur le terrain pendant la pandémie. Avant le début de la pandémie en 2020, il a pris en charge l'élaboration de l'initiative du PAE #BellCause pour la cause, en coordonnant la production de cabines téléphoniques personnalisées dans le cadre de la campagne #BellCause pour la cause de la #BFCHalifax, qui sont depuis utilisées à des fins de promotion et de sensibilisation.

Un fait amusant que peu de gens connaissent à propos de Michel Poulin, c'est que bien qu'il soit connu comme étant strict, il peut devenir un vrai bouffon quand le besoin s'en fait sentir. Il est connu comme étant un protecteur depuis ses débuts dans la Marine et s'adapte à tous les rôles qu'il doit jouer.

Michel aime la marche, la randonnée, le kayak, la pêche à la truite et profiter de la nature. La meilleure façon pour Michel de prendre soin de sa santé mentale est de passer du temps avec ses amis et sa famille, surtout ses enfants.

Merci, Michel, d'être un atout si important pour l'équipe du PAE et pour toute la communauté de la Défense!

*[Le Programme d'aide aux employés \(PAE\)](#) du MDN offre, gratuitement et de façon confidentielle, une aide et du soutien aux membres de l'Équipe de la Défense ainsi qu'aux membres de leur famille immédiate qui vivent des problèmes dans leur vie personnelle ou professionnelle ayant une incidence sur leur santé mentale et leur mieux-être. Pour accéder à l'un de nos nombreux [services et programmes](#), consultez la page « Santé mentale et bien-être de l'Équipe de la Défense ».



A Change of Command ceremony for HMCS Harry DeWolf was held on January 21. From left, incoming Commanding Officer Cdr Geoff Simpson, Canadian Fleet Atlantic Deputy Commander Capt(N) Sheldon Gillis, and outgoing Commanding Officer Cdr Corey Gleason. The ceremony was held in accordance with all COVID-19 restrictions, with family, friends and shipmates tuning in to watch online.

FORMATION IMAGING SERVICES

Outgoing CO reflects on 7 years with HMCS Harry DeWolf

By Ryan Melanson,
Trident Staff

When Cdr Corey Gleason was first asked to take on the appointment as the first Commanding Officer of the Royal Canadian Navy's first Arctic and Offshore Patrol Vessel, he was warned it wouldn't be a quick job. He could be leading the unit for as long as five years.

"In fact, I spent the next seven years without my feet touching the ground, and now I'm finally coming in for a landing," he said, during a Change of Command for HMCS *Harry DeWolf* on January 21.

Cdr Gleason took command of *Harry DeWolf* before steel was even cut on the ship itself, and stayed with the job through to its delivery to the Navy, sea trials, commissioning, and first deployments in 2020. He also played a major role in developing the policies and procedures that now guide the future of arctic naval service in Canada.

He said some of the biggest points of pride come from witnessing the accomplishments of the crew, particularly as years of planning culminated in the reality of the ship conducting successful operations around the world.

"I witnessed the steadfast determination of every single person involved in building up the ship. From scheduling and programming, training and development, the list could go on and on. They've all done their very best to help meet my mission objectives," he said.

"We've announced loud and clear. The Royal Canadian Navy can operate anywhere the government needs us to... I can't wait to see what *Harry DeWolf* does next."

The ceremony was presided over by

Capt(N) Sheldon Gillis, Deputy Commander of Canadian Fleet Atlantic, who thanked Cdr Gleason for his work and welcomed his successor, Cdr Geoff Simpson, to his new role. Capt(N) Gillis noted he's known Cdr Simpson personally for more than 20 years, and said he has no doubts his leadership will do "Hard Over Harry" proud, recalling the nickname of the ship's namesake, VAdm Harry DeWolf.

As he steps into the job, Cdr Simpson said he's already been able to spend time with *Harry DeWolf*'s crew, and expressed gratitude for the chance to work with an already-accomplished team on an exciting new platform. Cdr Simpson is also being given the rare opportunity to have a second command of a major warship, as he just recently led the efforts to bring HMCS *Montreal* back to fighting shape as that ship's Commanding Officer up until summer 2021.

"I'm ecstatic to be working with you over the coming months," he said to his new crew, while also thanking the MARLANT command team for the vote of confidence, and Cdr Gleason for the support and mentorship as he comes on board.

"I'm so grateful for everything Corey has done, and I'm grateful that he'll get to continue mentoring me along the way," he said, referencing Cdr Gleason's next job, which will focus on small patrol vessels as part of the Sea Training group.

It's expected that Cdr Simpson will take *Harry DeWolf* back to sea for deployments to the Arctic and to Operation *Caribbe* later in 2022.



12 Wing marks birthday for Logistics Branch

Col Patrick MacNamara (left), 12 Wing Shearwater Wing Commander, Cpl Harold Daniels, Avr Samantha Robichaud, and Wing Chief Warrant Officer CWO Bruno Poirier (right) raise the Royal Canadian Logistics Services flag in celebration of the branch's 54th birthday in Shearwater, Nova Scotia, on February 1, 2021.

CPL OLIVIA MAINVILLE

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Naval Reserve National Diving Exercise

MS Dean Wilson (left) and S1 Alesandra Leake exit the water upon completion of diving operations during a Naval Reserve National Dive Exercise in Comox, British Columbia on January 28. Naval Reserve divers from across the country came together for the week-long exercise.

S1 VALERIE LECLAIR

Canada's only surviving quadruple amputee of the First World War

By The War Amps

As February marks Black History Month, The War Amps is paying tribute to Ethelbert "Curley" Christian (1883-1954), one of the Association's founding members who was believed to have been the only surviving quadruple amputee of the First World War.

Christian lived in Manitoba and served with the 78th Battalion (Winnipeg Grenadiers). During the Battle of Vimy Ridge, he was wounded when heavy shelling buried him in a trench. With debris crushing all four of his limbs, he lay on the battlefield for two days before being found close to death. Two stretcher bearers were struck and killed by shells while carrying Christian off the battlefield, but he again survived.

Later, in a French hospital, gangrene set in and both of his arms and legs had to be amputated.

While Christian was recovering at Christie Street Veterans Hospital in Toronto, he met his future wife, Cleo MacPherson, who was a volunteer aid. MacPherson noted that it was costly for the government to keep Christian at the hospital and felt that she could take care of him at home. However, it would be a full-time job which meant she would be unable to work.

The hospital director appealed to the Canadian government on the Christians' behalf, which led to the creation of the Attendance Allowance, a supplement to full time caregivers of wounded veterans. This benefit still exists today.

Christian was also one of the founding members of The War Amps, an organization started more than 100 years ago by amputee veterans returning from the First World War to bring together, support and fight the battles for amputee veterans.

It was these First World War veterans who welcomed the new contingent of amputees following the Second World War, helping them adapt to their new reality and sharing all that they had learned.

Many members of The War Amps considered Christian an inspiration to all amputees and were quick to think, "If Curley can do it, I can!"

"When you are surrounded by others who are accomplishing things, it stimulates you to try," said Christian. "Today, there are young fellows coming back



Left photo: Ethelbert "Curley" Christian. Right photo: War Amps Rob Larman and Tiffany Ross, a member of the War Amps Child Amputee (CHAMP) Program laid a rose at the grave of Ethelbert "Curley" Christian, at Toronto's Prospect Cemetery.

SUBMITTED

[from the war] with arms or legs gone. They're diffident, bashful, frightened. You can never know the misery they suffer mentally as well as physically. At [The War Amps] that vanishes. We're all among our own kind. We boost each other mentally and we learn things physically."

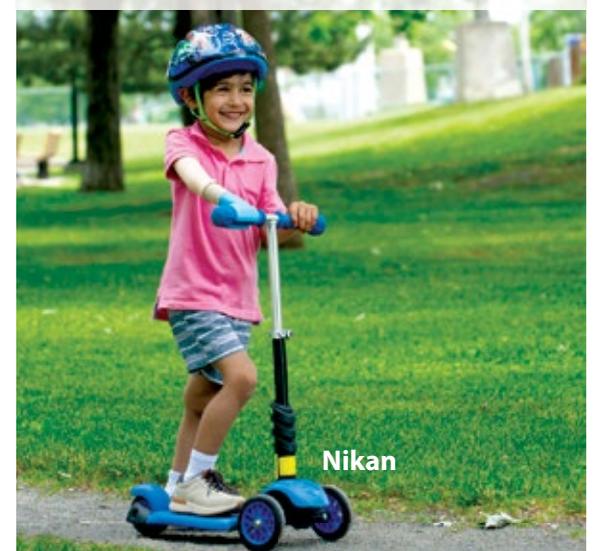
Today, The War Amps continues to serve veteran amputees, and all Canadian amputees, including children. Rob Larman, a director with the Association and a leg amputee himself said, "Curley Christian continues to have a legendary status in The War Amps for how he overcame his amputations, particularly at a time when disability was very much a hidden and taboo subject."

Christian returned to Vimy in 1936 with his fellow war amputees for the unveiling of the Vimy Ridge Memorial.

He passed away in 1954, and in Toronto reporter Gregory Clark's eulogy of Christian, he said, "After the Vimy battle, Curley Christian lived 37 years a happy man, going to the races, playing gin rummy, attending meetings, speaking and standing forth for his Comrades, an inspiration to all those with lesser fates who might grieve for themselves. Curley never grieved. There was enough of him left to be a man among men."

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The War Amps

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LCdr Richard Decker CD and CPO2 Kevin Williams from the Canadian Forces Maritime Warfare Centre (CFMWC) present a cheque for Op Dasher to Shelley Hopkins, executive director of the H&R MFRC, and Christine Van Kooten, Intake & Caseload Coordinator at the H&R MFRC.

SUBMITTED

A thank you to donors who supported Op Dasher

By Sarah-Jean Mannette,
H&R MFRC

On behalf of the Halifax & Region Military Family Resource Centre (H&R MFRC), we would like to extend our sincere appreciation and heartfelt thank you to the generous donors of our holiday Op Dasher program. The program supports families coping with additional stressors during the holiday season. Although the number of Canadian Armed Forces families accessing this service fluctuates from year to year, based on the feedback we heard from families, we know it made a significant difference for those who participated in the program:

“I just want to thank you for the help, I can’t say how much it means to me.” – Program Recipient

“Great program, very helpful for my family.” – Program Recipient

“We are very thankful for any and all assistance.” – Program Recipient

As the H&R MFRC is a charity, Op Dasher is an initiative funded exclusively by donors. “We understand that the holiday season is an important time of year for many charities, and we truly appreciate donors who chose to support the H&R MFRC and their local military and Veteran family community,” says Shelley Hopkins,

executive director of the H&R MFRC.

We would like to acknowledge donors who generously supported Op Dasher. In addition to receiving a number of personal donations from the community, we also received funds from the following:

- **Support Our Troops**
- **The Royal Canadian Naval Benevolent Fund**
- **Canadian Forces Maritime Warfare Centre**
- **HMCS St. John’s**
- **KIN Club of Halifax**
- **5th Canadian Division**
- **Formation Chaplains**
- **The Office of the Judge Advocate General (Atlantic Region)**

In addition to the difference Op Dasher makes for the holidays, families get connected to the H&R MFRC’s vast range of supports and services. At the H&R MFRC we recognize that each family has their own unique situation, so we take a family centred approach to support. We tailor our services to address the unique challenges of military life: relocation, work-related absences, and transitions. Although not an exhaustive list, military mem-

bers, Veterans, and their families can access mental health & well-being services, such as counselling, short term accommodations and family care assistance services, francophone services, Veteran support, parenting and peer support programs, career counselling for spouses/partners, support for families experiencing a deployment or work-related separation, and community navigation. Engagement with the H&R MFRC also means opportunities for families to connect with others who share the common experience of military life.

If you have any questions about Op Dasher or wish to inquire about other services available at the H&R MFRC, please reach out to us at 902-427-7788.

New Programs in February

For the time-being, we are only offering virtual programs. We hope to return to in-person programming soon, which we will do when it is safe and healthy for participants and staff. Until then, check out some virtual programs below. For a full schedule, please visit our [calendar](#). Looking for something else? Check out our [YouTube](#) channel for previously recorded programs.

Family Meetings – Ideas, Agendas, and Tips (Virtual)

Family life can seem chaotic at times. We want to share with you the keys to a successful and happy family with the implementation of family meetings. These meetings can help reduce stress, increase solidarity and incorporate important values but also can be fun, productive and meaningful. Join us to help develop your family meeting agenda and look at goals that are important for your family

Date: Monday, February 7, 2022

Time: 7 – 8pm

Location: Virtual – Zoom

Register: [Click here](#)

Deadline to register: Friday, February 4, 2022

Deployment Live Chat (Virtual)

Social distancing doesn’t mean we can’t be social from a distance. Make a cup of tea and settle in virtually with the deployment team, and other family members whose loved ones are on a deployment. It’s free to join and all are welcome.

Date: Alternating Wednesdays. This month: February 2, 2022 & February 16, 2022

Time: 8 – 9pm

Location: Virtual – Zoom

Register: [Click here](#)

Deadline to register: Wednesday, February 16, 2022

Preparing for a Posting: Education and Expertise (Virtual)

Are you getting posted in 2022? Wondering where to start? It’s never too early to begin, even if you don’t have your posting message yet! No matter where or when you are posted this is the session for you.

Is your priority healthcare, housing, civilian employment, understanding the BGRS system, or something else? Nancy and Andrée will provide local and national info on these and other topics. They will also send along helpful resources and tools after the session. Have a question? This is your time to ask!

Unable to join us live for this free session? We invite you to still register so that you can receive a link to the recorded session, as well as additional information that will come in handy.

Please note: the session will be presented in English, and Francophone support will be available.

Date: Thursday, February 17, 2022

Time: 8 – 9pm (AST)

Location: Virtual – Zoom

Register: [Click here](#)

Deadline to register: Wednesday, February 16, 2022

Among Us For Youth (Virtual)

Who can you trust when everyone is against one another? Join us online for a night of tasks, betrayal and fun as we play Among Us, using the Discord platform. Register today online to reserve your spot!

Date: Thursday, February 17, 2022

Time: 6 – 8pm

Location: Virtual – Discord Server

Register: [Click here](#)

Deadline to register: Wednesday, February 16, 2022



Staying sharp at sea: HMC ships train in the Atlantic



Members from HMCS Montreal participate in a naval boarding party training exercise with MV Asterix.

CPL BRADEN TRUDEAU



Members of HMCS Montreal's embarked Helicopter Air Detachment help get the CH-148 Cyclone helicopter ready on the flight deck.

S1 SAIF MORSY



Deck Officer Lt(N) Gill Herlinger (left), Commanding Officer LCdr Amanda Jayne (center), and Operations Officer Lt(N) Emilie Bechard (right) oversee an ammunition transfer conducted by MV Asterix to HMCS Montreal during their sail across the Atlantic Ocean on January 30.

CPL BRADEN TRUDEAU



Prior to returning to sea, S2 B.F. Choong and S1 Matthew McKay from HMCS Moncton inspect the Hammerhead Unmanned Target System while docked in St. George's Harbour, Bermuda on January 23.

CPL JACLYN BUELL



Rounds can be seen hitting the water as crew from HMC ships Goose Bay and Moncton conduct their live fire exercise on January 25.

CPL JACLYN BUELL



S2 Brittany Wiseman conducts a live fire exercise with the Browning M2 Heavy Machine Gun aboard HMCS Moncton in the Atlantic Ocean on January 25 as the ship makes its way to West Africa as part of Operation Projection.

CPL JACLYN BUELL



Capt Glogauer was the first Jewish Rabbi to deploy on board a Royal Canadian Navy ship, which was HMCS Winnipeg during Operations Neon and Projection.

Le capitaine Glogauer a été le premier rabbin juif à être déployé à bord d'un navire de la Marine royale canadienne, le NCSM Winnipeg dans le cadre des opérations Neon et Projection.

SI/MAT 1 VALERIE LECLAIR

First Rabbi deploys in RCN ship to better understand challenges sailors face

By RCN

Her Majesty's Canadian Ship (HMCS) *Winnipeg's* Chaplain made a bit of history during the ship's recent deployment on Operations Neon and Projection in the Indo-Pacific. Captain (Capt) Rabbi Dr. Notech Glogauer was the first Jewish Rabbi to deploy in a Royal Canadian Navy (RCN) warship.

While Capt Glogauer got to participate in the excitement of Ops Neon and Projection, including the occasional helicopter flight, the main reason the husband, father and grandfather requested to deploy was to better understand the challenges sailors face first hand.

As the ship Chaplain, Capt Glogauer was the one many on board turned to for support with their most personal issues.

"The role of the Chaplain is to loiter with intent, drink lots of coffee and tell bad jokes," he said, quoting one of his mentors, noting that it was his goal to be as visible as possible on the ship so that sailors would know he was available 24/7.

"I was the only Chaplain on the ship. It was 259 other people, it was a privilege, and it was on me to develop the relationships and create the openness for people to see that they actually can come and seek support."

He served the sailors breakfast, lunch and supper

daily to keep a pulse on the crew, and checked in with those he noticed might be feeling down.

"It's not about me and where I am coming from," he says of his approach to counseling sailors. "It's about having empathy."

Empathy is about making a real emotional connection, says the Rabbi. It is the ability to understand the challenge that the person is experiencing, validate their feelings, and to walk with them so they know that there's genuine support to help them work through the issue.

"There is nothing more important than providing a safe environment where someone feels supported and not judged."

The Rabbi admits that he's not what most people typically expect from a Canadian Armed Forces member on board an RCN ship.

"I definitely don't look like the old military, because of who I am," says the Rabbi. "I'm a Hasidic Orthodox Jew. I wear a camo yarmulke (Jewish head cover) and have an untrimmed beard because that is a tenet of our faith." But looking like someone who doesn't fit the mold makes him more relatable to someone who might feel like an outsider, he believes.

"The military sees value in me being here, because of who I am, inside and out."

Rabbi Glogauer said the entire experience has been a real eye-opener, helping him better comprehend what deploying means for the RCN's sailors and their families and loved ones back home.

The Rabbi said that leading up to deployment he gained an understanding for that feeling where family members start to distance themselves a little bit, almost like a protective instinct, before the deployment. "I did notice I was distancing myself a little bit beforehand, too," he said.

He also realized that during the deployment a lot of the physical, mental and financial burdens were placed on his wife in taking care of their family.

Then there's the challenge of communication. "Being cut off from family is really hard," said the Chaplain.

Rabbi Glogauer spoke about the longest leg of Winnipeg's deployment -- 24 days without ports and mail, and challenging communications with Wi-Fi.

"You begin to understand the stress that people start to have. That's a huge strain."

Maintaining his own relationships from afar helped the Rabbi learn more about what others on board were experiencing.

"My first grandchild turned one in November during the deployment. And for most of his milestones, my family could go and visit, but I couldn't ... so that feeling gave me a much better understanding of what our members are feeling while separated from their loved ones."

And while time alone on ship can be a stressor for some, for others it represents an opportunity for personal growth, to work on their relationship skills and to do things for their friends or loved ones.

One evening in the wardroom, the Rabbi and a few others noticed another sailor was crocheting. About three or four sailors joined in and started crocheting together once a week.

"I started to crochet something for my grandson. I learned a new skill here because of the amazing variety of people and the desire for personal connections."

As one of the other members spoke Spanish, some sailors started to speak Spanish, too, to improve their language skills. Another sailor was an experienced guitar player. There were a couple of extra guitars on board, so people started jamming together to improve their playing.

One modification he made was the name and format of the regular Sunday meetings, traditionally led by a priest or pastor and called "Church Services". The Rabbi changed the name to Sunday Services. The format became an open discussion group focused on topics relevant to the members aboard, such as leadership in confrontational situations, building resiliency, and developing purpose in life, to name a few.

It's more about the feeling of connectedness to others rather than preaching, said the Rabbi. "The bond of collegiality where the value is in teamwork, strength in unity and relationships, that's what fosters purpose in life."

"I asked members: for what do they want to be remembered? And have they made a mark in their day-to-day contribution to the good of their team, the ship, the Canadian Armed Forces and their family? That's my role -- to help them frame their life's journey in as personal and meaningful a way as possible."

HMCS *Winnipeg* returned to its homeport of Esquimalt, B.C., on December 16, 2021, after transiting over 30,000 nautical miles on Operations Neon and Projection in the Indo-Pacific region.



Le capitaine Glogauer avec sa famille sur la jetée à Esquimalt, en C.-B., à son retour à la maison après le déploiement de quatre mois du NCSM Winnipeg.

Captain Glogauer with his family on the jetty in Esquimalt, B.C., upon returning home from HMCS Winnipeg's four-month deployment.

CPL BRENT KENNY

Déploiement du premier rabbin sur un navire de la MRC pour mieux comprendre les défis auxquels les marins font

Par RCN

L'aumônier du Navire canadien de Sa Majesté (NCSM) *Winnipeg* est entré un peu dans l'histoire lors du récent déploiement du navire dans le cadre des opérations Neon et Projection dans la région indo-pacifique. Le capitaine (Capt) rabbin Noteh Glogauer, Ph.D., a été le premier rabbin juif à être déployé sur un navire de guerre de la Marine royale canadienne (MRC).

Bien que le capitaine Glogauer ait pu participer à l'excitation des opérations Neon et Projection, y compris à un vol en hélicoptère occasionnel, la principale raison pour laquelle cet époux, père et grand-père a demandé à être déployé était de mieux comprendre lui-même les défis auxquels les marins faisaient face.

En tant qu'aumônier du navire, le Capt Glogauer était la personne vers laquelle de

nombreuses personnes à bord se tournaient pour obtenir du soutien pour leurs problèmes les plus personnels.

« Le rôle de l'aumônier est de flâner avec dessein, de boire beaucoup de café et de raconter de mauvaises blagues, a-t-il déclaré en citant l'un de ses mentors, notant que son objectif était d'être aussi visible que possible sur le navire afin que les marins sachent qu'il offrait ses services 24 heures sur 24, 7 jours sur 7.

« J'étais le seul aumônier du navire. Il y avait 259 autres personnes, c'était un privilège, et c'était à moi d'établir les relations et de créer l'ouverture pour que les militaires voient qu'ils peuvent réellement venir chercher du soutien. »

Il a servi les repas du matin, du midi et du soir aux marins tous les jours afin de prendre

le pouls de l'équipage et de s'entretenir avec ceux qui, selon lui, se sentaient déprimés.

« Il ne s'agit pas de moi et d'où je viens, a expliqué le rabbin à propos de son approche concernant les conseils fournis aux marins. Il s'agit d'avoir de l'empathie. »

Selon le rabbin, l'empathie consiste à établir une véritable connexion émotionnelle. Il s'agit de la capacité de comprendre les difficultés que rencontre la personne, de valider ses sentiments et de l'accompagner pour qu'elle sache qu'elle peut compter sur un véritable soutien pour l'aider à résoudre son problème.

« Il n'y a rien de plus important que de fournir un environnement sûr où une personne se sent soutenue et non jugée. »

Le rabbin admet qu'il n'est pas ce que la plupart des gens attendent habituellement d'un

membre des Forces armées canadiennes à bord d'un navire de la MRC.

« Je ne ressemble absolument pas aux anciens militaires, en raison de ce que je suis, a déclaré le rabbin. Je suis un juif orthodoxe hassidique. Je porte une kippa (couvre-chef juif) avec un motif de camouflage et j'ai une barbe non taillée parce que c'est un principe de notre foi. » Mais ressembler à quelqu'un non typique le rend plus attachant pour quelqu'un qui pourrait se sentir comme un étranger, croit-il.

« L'armée voit la valeur de ma présence ici, en raison de ce que je suis, à l'intérieur comme à l'extérieur »

Le rabbin Glogauer a déclaré que toute cette expérience lui a ouvert les yeux et l'a aidé à mieux comprendre ce que signifie le déploiement pour les marins de la MRC, leurs familles et leurs proches à la maison.

Le rabbin a déclaré qu'à l'approche du déploiement, il a compris ce sentiment qui pousse les membres de la famille à prendre un peu de distance, presque comme un instinct de protection, avant le déploiement. « J'ai remarqué que je prenais aussi un peu de distance avant le déploiement », a-t-il déclaré.

Il s'est également rendu compte que pendant le déploiement, une grande partie de la charge physique, mentale et financière incombait à son épouse, qui devait s'occuper de leur famille.

Ensuite, il y a le défi de la communication.

« Être coupé de sa famille est vraiment difficile », a déclaré l'aumônier.

Le rabbin Glogauer a parlé de la plus longue étape du déploiement du Winnipeg : 24 jours sans port ni courrier, et des communications difficiles avec le Wi-Fi.

« Vous commencez à comprendre le stress que les gens commencent à avoir. C'est une énorme tension. »

En entretenant ses propres relations à distance, le rabbin a pu en apprendre davantage sur ce que vivaient les autres à bord.

« Mon premier petit-enfant a eu un an en novembre pendant le déploiement. Et pour la plupart de ses étapes importantes, ma famille pouvait aller le voir, mais je ne pouvais pas... donc ce sentiment m'a permis de comprendre beaucoup mieux ce que nos militaires ressentent lorsqu'ils sont séparés de leurs proches. »

Et si le temps passé seul sur le navire peut être un facteur

de stress pour certains, pour d'autres, il représente une occasion de développement personnel, de travailler sur leurs compétences relationnelles et de faire des choses pour leurs amis ou leurs proches.

Un soir, dans le carré des officiers, le rabbin et quelques autres ont remarqué qu'un autre marin faisait du crochet. Trois ou quatre marins se sont joints à lui et ont commencé à crocheter ensemble une fois par semaine.

« J'ai commencé à crocheter quelque chose pour mon petit-fils. J'ai appris une nouvelle compétence ici grâce à l'incroyable variété de personnes et au désir de créer des liens personnels. »

Comme l'un des autres militaires parlait espagnol, certains marins ont commencé à le faire aussi, pour améliorer leurs compétences linguistiques. Un autre marin était un guitariste expérimenté. Il y avait quelques guitares supplémentaires à bord, alors les personnes ont commencé à jouer ensemble en improvisant pour améliorer la façon dont ils jouaient.

Il a notamment dû modifier le nom et le format des réunions dominicales régulières, traditionnellement dirigées par un prêtre ou un pasteur et appelées « services religieux ». Le rabbin a changé le nom en « services dominicaux ». Le format est devenu un groupe de discussion ouvert axé sur des sujets pertinents pour les militaires à bord, tels que le leadership dans les situations de confrontation, le renforcement de la résilience et le développement d'un but dans la vie, pour n'en citer que quelques-uns.

Selon le rabbin, il s'agit davantage du sentiment d'appartenance que de l'action de prêcher. « Le lien de collégialité où la valeur est dans le travail d'équipe, la force dans l'unité et les relations, c'est ce qui favorise le but de la vie. »

J'ai demandé aux militaires pour quoi ils veulent qu'on se souvienne d'eux? Et ont-ils contribué quotidiennement au bien de leur équipe, du navire, des Forces armées canadiennes et de leur famille? C'est mon rôle – les aider à encadrer le parcours de leur vie de la manière la plus personnelle et la plus utile possible. »

Le NCSM *Winnipeg* est retourné à son port d'attache d'Esquimalt, en Colombie-Britannique, le 16 décembre 2021, après avoir parcouru plus de 30 000 milles marins dans le cadre des opérations Neon et Projection dans la région indo-pacifique.



Meet our Corporate Sponsors: Sobeys Inc. knows the importance of family

By PSP Corporate Services

When the COVID-19 pandemic brought much of the world to a halt in the spring of 2020, it also highlighted the role of the frontline staff who continued doing their jobs while many of us stayed home.

While doctors, nurses, and other health care workers, including many Canadian Armed Forces members, were rightfully labeled heroes for their response to COVID-19, other essential workers, like those at our local Sobeys stores, also became heroes of the pandemic.

As a family nurturing families, Sobeys Inc. has always strived to be active and engaged in supporting their communities. While the pandemic might have put a spotlight on their important role, they've been giving back to the community for years, including the military community across the Halifax region.

"Sobeys Inc. has been a wonderful supporter of our Personnel Support Programs at CFB Halifax for two decades, and that has not changed through these difficult past two years," said Missy Sonier, PSP Halifax Corporate Services Manager.

"They've shown us that they're here to support our defence community, our Canadian Armed Forces members and their families."

As the presenting sponsor for the annual DND Family Days, Sobeys Inc. is on hand each year to lend their key support to PSP Halifax's signature event with their cookie-decorating stations, presentations

from store chefs, and other fun activities and prizes.

With health regulations now preventing large gatherings like Family Days from taking place, our Personnel Support Programs have instead focused on smaller events, unit functions, and military milestone celebrations. And as our programs have pivoted, partners like Sobeys Inc. have been right there with us – supporting our HMC ships as they returned home from deployments in 2020 and 2021, and also lending support to the Stadacona Band as the unit recently marked its 80th anniversary.

Sobeys Inc. will again be partnering with PSP Halifax and our defence community during the upcoming DND Snow Festival. The event takes place February 21 at 12 Wing Shearwater, and as a Corporate Community Caring Partner, Sobeys Inc. will be providing the smores to enjoy around the fire pit on a winter day.

Just like their frontline workers who serve customers every day, we know we can count on Sobeys Inc. to continue being there for our men and women in uniform.

RAdm Brian Santarpia, Commander MARLANT and JTFA, shows off the Stadacona Band 80th Anniversary hockey jersey that was presented to the Sobeys Inc. marketing team in 2021 to recognize their generous support toward the band's 80th anniversary events and celebrations.

CPL BRENT KENNY





#BellLetsTalk Day Journée #BellCause pour la cause

We want to extend our sincere gratitude to all local Defence Team members who submitted pictures and thoughtful messages showcasing how we can support ourselves and each other when it comes to our mental health. Please continue talking, supporting each other and seeking mental health assistance for you or your loved ones if or when it is needed. You are not alone.

Nous voulons exprimer notre sincère gratitude à tous les membres de l'Équipe de la Défense locale qui ont présenté des images et des messages réfléchis qui montrent comment nous pouvons nous soutenir et soutenir les autres au sujet de notre santé mentale. Continuez à parler, à vous soutenir mutuellement et à demander de l'aide en matière de santé mentale pour vous ou vos proches au besoin. Vous n'êtes pas seul.

SUBMITTED/SOUMIS



Attn: Transitioning Military Members

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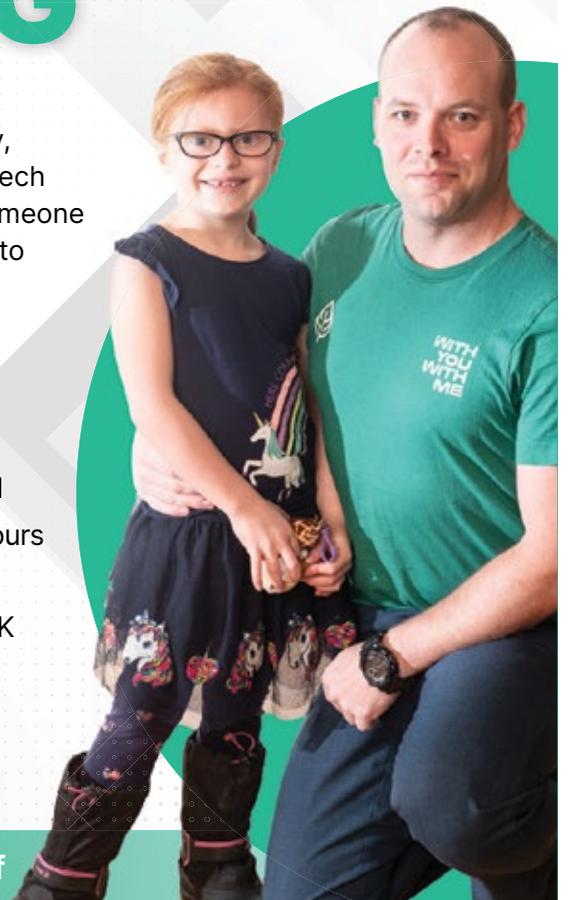
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SPORTS & FITNESS



CAF Sports recovery approach: 2022-2023 transition year

By Canadian Armed Forces Sports

The current pandemic situation with Omicron continues to present challenges to our resumption of sports programming. However, despite these challenges, we want to position ourselves for a safe resumption of the regional, national and international programs in 2022-2023. We recognize that the pandemic situation is ever changing and while we may not be able to return to a sustained program on April 1, we want to be ready. As such, the National Sports Office is focusing efforts on program resumption.

In order to maximize our chances of delivering the program safely, the next fiscal year (2022 - 2023) will serve as a transition year, following a temporary delivery model in anticipation of a return to the formal delivery model, for fiscal year 2023 - 2024.

The schedule for regional and national level championships will focus on the delivery of outdoor

sports, from April until fall, followed by indoor sports until the end of the 2022-2023 fiscal year.

- Ball hockey will not be offered in the summer of 2022.
- Running, Triathlon, Golf, Slo-pitch, and Soccer will be offered as they are consistent with the progressive approach and safe return to sports.
- PSP staff will coordinate the delivery of local programs based on the modified delivery plan for regional and national level championships.
- Opportunities for activities under the International program will be assessed on a case-by-case basis.
- We will closely monitor the pandemic evolution to advise accordingly on decisions for the program delivery framework for fall and winter of fiscal year 2022-2023.

Démarche de relance du Programme de sports des FAC: Année de transition 2022-2023

Par Sports des Forces armées canadiennes

La situation pandémique actuelle avec Omicron continue de présenter des défis pour notre reprise de la programmation sportive. Cependant, malgré ces défis, nous voulons nous positionner en vue d'une reprise, en toute sécurité, des programmes régionaux, nationaux et internationaux, pour l'année financière (AF) 2022-2023. Nous reconnaissons que la situation pandémique est en constante évolution et même si le retour à un programme soutenu ne pourra avoir lieu le 1er avril 2022, nous voulons être prêts. À ce titre, le bureau des sports nationaux concentre ses efforts sur la reprise du programme.

Afin de maximiser nos chances d'offrir le Programme de sports des FAC en toute sécurité, la prochaine AF 2022-2023 servira d'année de transition, selon un modèle de prestation temporaire en prévision d'un retour au modèle de prestation formel, pour l'AF 2023-2024.

Le calendrier des championnats régionaux et nationaux sera axé sur les sports extérieurs, d'avril à l'automne, suivis des sports intérieurs jusqu'à la fin de l'AF 2022 2023.

- Le hockey balle ne sera pas offert à l'été 2022.
- La course à pied, le triathlon, le golf, la balle lente et le soccer seront proposés, dans la mesure où ils seront conformes à la démarche progressive et à la reprise sûre des sports.
- Le personnel des PSP devra coordonner la prestation des programmes locaux en fonction du plan de prestation modifié des championnats régionaux et nationaux.
- Les activités du programme international seront évaluées cas par cas, selon la situation pandémique.
- Nous surveillerons de près l'évolution de la pandémie afin de vous informer en conséquence des décisions qui seront prises concernant le cadre de prestation du programme pour l'automne et l'hiver de l'AF 2022 2023.



Workout with a view

S1 Christophe Guida gets in a stationary bike ride on board HMCS Moncton while alongside in Bermuda on January 24.

CPL JACYLN BUELL



Lt(N) Yasmine Mayne and Petty Officer First Class Greg Hofer from HMCS Tecumseh, and LCdr Adina Danila, planning officer with RCN Public Affairs, are tucked into a navy-themed bobsled at the Calgary Ice House.

RCN PA

Olympians on track with Navy-themed sleds

By Peter Mallett,
The Lookout Staff

It has been all over the news; Canada's Olympic Bobsleigh and skeleton teams are heading to the 2022 Olympics with Navy-inspired sleds.

Bobsleigh Canada Skeleton partnered with the Royal Canadian Navy (RCN) to design a Second World War-era Admiralty Disruptive paint pattern for their sleds, similar to the current paint schemes on HMCS *Regina* and HMCS *Moncton*.

The design was unveiled January 20 in Halifax aboard the Arctic Offshore Patrol Ship the future HMCS *Margaret Brooke* by the ship's captain, Cdr Nicole Robichaud. In Calgary, one of the sleds was displayed at the Ice House.

Bobsleigh Canada Skeleton has a long-standing relationship with the Canadian Armed Forces and previously had Air Force-themed designs on their sleds and participated in team building activities with both the Canadian Army and the Royal Canadian Air Force.

Bobsleigh Canada President Sarah Storey says Canada's Olympians are tremendously proud to

be associated with the RCN and its strong and honourable tradition of defending the country.

"Whether on ice or at sea, the distinction of putting on a Canadian uniform drives commitment to the training, preparation, perseverance, and teamwork required to perform under intense pressure while representing your country," she says. "We are unified by the goal of making our team unstoppable and our country proud."

RCN Public Affairs Multi-Media Producer Alex Kaldeway designed the new sleds alongside his manager Sabrina Nash.

"Designing a bobsled was unlike anything I had ever done before and this was my first opportunity to be part of Canada's story at the Olympic Games," Kaldeway says.

All of Team Canada's sleds, monobob, two-person, four-person, and skeleton sleds are wrapped in the same design.

Canada's bobsleigh and skeleton crews are competing at the 2022 Olympics at speeds of up to

120 km/h. Training heats begin February 7 with Bobsleigh events starting February 10.

The Bobsleigh Canada Skeleton partnership with the Navy has been so natural because they have so much in common, says Jill Paquette, RCN Public Affairs.

"Whether they are at sea or on a sled, they represent Canadians from coast to coast and are proud to wear the maple leaf on their uniform. This project gives a wonderful opportunity to show this connection and showcase both our athletes and the RCN to Canadians," she says.

The relationship with the Olympians won't end after the games as Bobsleigh and Skeleton competitors will be invited to sail on board HMCS *Margaret Brooke* later on in 2022, and the sailors will join the athletes in Whistler for a day at the track.

Members of HMCS Margaret Brooke show off the new Navy-themed skeleton sled.

RCN PA

