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TRIDENT

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Crossing the line

The crew of HMCS Moncton held a Crossing the Line ceremony on March 2 at the Golden Cross, where the Equator meets the Prime Meridian. All members of the crew now have the title of Royal Diamond Shellback after making the rare crossing. Moncton is currently deployed to West Africa on Operation Projection alongside HMCS Goose Bay.

HMCS MONCTON



Challenging Traditions: New museum exhibit focuses on women in the RCN

By Joanie Veitch,
Trident Staff



Bernice "Bunny" McIntyre is seen in her naval uniform from the Second World War, and again distributing poppies in 2018 alongside her friend and fellow Somme Branch Legion member MWO (ret'd) Paul O'Boyle, RCN/CF. McIntyre died on March 16, 2021 at age 99. This year marks the 80th anniversary of the WRCNS.

The changing role of women in the Royal Canadian Navy takes centre stage in a new exhibit that opened on March 8th — International Women's Day — at the Naval Museum of Halifax.

While COVID restrictions still prevent members of the public from visiting the museum in person, museum director Jennifer Dentry and exhibit co-curator CPO1 (ret'd) JoAnn Cunningham, invited Capt(N) Sean Williams, CFB Halifax Base Commander, and CPO1 Alena Mondelli, Base Chief, to join them on a virtual tour that was also live streamed on the museum's Facebook site.

"Traditionally, we would have had a large opening with speeches and finger food but given the COVID environment we're still in, that just wasn't feasible," said Dentry during a pre-show "sneak peek".

The new exhibit is housed on the lower level of the museum, in the former communications exhibit space. With large panels and artifacts from the early 1900s to present day, the display aims to tell the story of women in the Royal Canadian Navy, highlighting their contributions and how the role of women in the Navy has changed over the years.

"We're quite pleased with how it turned out. It's a story that needs to be told," said Dentry.

Nursing Sisters served with the Canadian military from the late 1800s through to the First World War, but

women were not permitted to enlist in the Navy until the Second World War, when on July 31, 1942 the Women's Royal Canadian Naval Service (WRCNS) was established.

Following in the British tradition for the Women's Royal Naval Service, the women in the WRCNS were known as Wrens, and several panels and displays in the exhibit tell their story.

At their peak during the war, more than 6,800 women served as Wrens in the RCN, with nearly 1,000 Wrens housed on the top two floors of a five-storey building — the Naval Engineering School — at HMCS *Stadacona*.

Trailblazing women are featured prominently throughout the exhibit, such as Adelaide Sinclair, who was appointed Director of the WRCNS in March 1943, and Isabel Macneill, a graduate of the first class of WRCNS who went on to become Commanding Officer of HMCS *Conestoga*.

And Bernice "Bunny" McIntyre, who left her home in Dauphin, Manitoba to join the WRCNS on December 18, 1942.

"She said she joined the Navy because she didn't want to be stuck in Manitoba married to a farmer," said CPO1 (ret'd) Cunningham, who got to know McIntyre well over the past number of years, up until McIntyre died last year, just a few months shy of her 100th birthday.

"She loved her time in the service but when she became pregnant with

her first child in 1958, she was discharged from the military. At that time if you were pregnant you were considered 'medically unfit' for service," said CPO1 (ret'd) Cunningham.

The rule disallowing women to continue service following pregnancy wasn't changed until 1968, following a recommendation from the recently created Royal Commission on the Status of Women.

After the war ended, the WRCNS were demobilized on August 31, 1946 and women were once again barred from military service until 1951, during the Korean War, when the Navy again faced personnel shortages and enlisted Wrens to fill administrative and non-combatant roles.

Up until the late 1970s and early 1980s, women were largely relegated to support trades in the RCN, although the Naval Reserve continued to enrol a high percentage of women and readily integrated them into non-traditional trades and leadership roles.

While the items on display show the changing role of women from the war years through to present day, the exhibit also explores stereotypes and exclusionary policies, some that prohibited women from serving and others that continued to present challenges for decades, such as women not being allowed to join if married, or rules that barred women from serving onboard ships.

And even when women were given more opportunities, not all women benefitted, said Dentry, noting that even after early policy stipulating that "only men of European descent" could join the Navy was dropped when the WRCNS was formed, only women of European descent were allowed to enlist.

"There was still a lot of discrimination for years after women began to enlist and there are certainly more stories to tell. This is only the beginning in telling those stories, but this is a very good start," said Dentry.



Examples of changing uniforms worn by women in the Royal Canadian Navy on display at a new exhibit at the Naval Museum of Halifax.



HMCS Halifax departs as second ship to join Operation Reassurance

By Joanie Veitch,
Trident Staff



HMCS Halifax is seen training off the coast of Nova Scotia with MV Asterix in preparation for the ship's deployment to Op Reassurance.

FORMATION IMAGING SERVICES

As the crew of Her Majesty's Canadian Ship (HMCS) *Halifax* readied for their mission to join Standing NATO Maritime Group 1 (SNMG1) in northern Europe, Commander Dale St. Croix said he and the crew felt buoyed by the support they've received, not just the extra help from base and dockyard colleagues, but also well-wishes from the general public.

"Canadians usually don't pay much attention to their armed forces, except at times of strife," said Cdr St. Croix, Commanding Officer of HMCS *Halifax*. "We've received a lot of encouragement... from people and politicians to business leaders — all telling us that they're proud of what we're doing. It's been very touching."

On February 22, the federal government announced that HMCS *Halifax* would join HMCS *Montreal* on Operation Reassurance, to provide additional military support to NATO operations in Central and Eastern Europe.

Montreal is currently with Standing NATO Maritime Group 2 (SNMG2) in the Mediterranean region, having left on their scheduled deployment on January 19.

While HMCS *Halifax* had been scheduled to deploy to Operation Artemis in the Middle East in April, the ship was re-tasked to Operation Reassurance instead, leaving on March 19, with a crew of 253 on board.

Plans were for more than 200 family members to be on the jetty waving good-bye, with masking and other re-

strictions still in place. It's the largest gathering to send off a ship from HMC Dockyard in Halifax since restrictions were put in place in March 2020 to limit the spread of COVID-19.

While the ship is scheduled to arrive in the Baltic region in early April, Cdr St. Croix said the crew will be doing extra training activities on their way across the Atlantic Ocean, primarily working with the embarked helicopter air detachment.

"We are at a level of high readiness, but with this final training we'll be able to refine our skills, so we're even more prepared by the time we arrive."

Last year at this time, *Halifax* was also deployed on Operation Reassurance, as SNMG1 flagship, when the Royal Canadian Navy assumed command of the task group.

After returning from that deployment last July, 65 percent of the crew were switched out, including the Command Team, with Cdr St. Croix assuming command of HMCS *Halifax* from Cdr Christopher Rochon shortly after the ship's return.

RCN frigates have maintained a consistent presence on Operation Projection, deploying on a rotational basis for exercises and operational tasks in the NATO Maritime Command area of Europe since 2014.

While past deployments would see Canadian warships involved in a wide range of multinational NATO exercises over the course of their six-month stint, the war in Ukraine has made the

schedule of activities on this deployment much less certain.

Their main focus, Cdr St. Croix said, will be on combat-readiness operations within the greater mission, as well as providing general security, including search and rescue operations and any needed humanitarian assistance.

"Any time there are people on the move in large numbers there's a concern from a Navy perspective for any incidents at sea with people in unseaworthy ships. It's always something you prepare for," he said.

The main goal, he added, is to be present "to assure our NATO allies that we're ready to respond should anything occur."

Just as the schedule for activities is not fully known with this mission, exactly how long *Halifax* will be gone is also a shifting target.

"The schedule has changed so many times already... and it will change again. Right now, we're tracking to return mid- to end of July but with what's going on in the world right now, we just can't know for sure," said Cdr St. Croix. "I've told the crew to be flexible."

While there are inherent risks with any mission for members of the Canadian Armed Forces (CAF), the situation following Russia's invasion of Ukraine on February 24 has made this deployment feel different than previ-

ous iterations of Operation Reassurance, both for the crew and for their families and loved ones at home, said Cdr St. Croix.

While everyone in the ship's company is feeling that tension, Cdr St. Croix said he's impressed with how well the crew has pulled together in getting ready for the mission.

Shortly after it was announced that HMCS *Halifax* would be going to Europe, the Halifax & Region Military Family Resource Centre hosted a meeting for any families with members going on the deployment.

"We talked about the deployment and the sense of uncertainty that everyone is feeling. With all the discussions in the news about the ship being assigned to this mission, naturally some family members were feeling more concerned about the danger," said Cdr St. Croix.

"There is a lot of political instability in eastern Europe right now. Does that have the potential to boil up into something more? Of course it does. We have prepared the crew for any tasking. They are very well prepared already and will be even more prepared by the time we get there. Hopefully the situation will be resolved diplomatically but in the meantime, we have to remain vigilant and remain at a high level of readiness."



Cdr Dale St. Croix is the commanding officer of HMCS Halifax



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Healthy sloppy joes to mark Nutrition Month

By PSP Health Promotion Halifax

March is Nutrition Month and this year dietitians across Canada are coming together to help ensure your future is healthy. The theme this year is "Unlock the Potential of Food: Ingredients for a Healthier Tomorrow". The campaign focuses on the key 'ingredients' needed for a sustainable food system for a healthier tomorrow. Namely food security, literacy and sovereignty, and showcases how Canadian Dietitians are playing an active role in these ingredients to make a healthier tomorrow for you, your community and the planet.

Did you know that CFB Halifax has 3 Registered Dietitians? Victoria Stead and Laurie Barker Jackman can be found at Health Promotion and focus on community health; and Kathleen Bayliss-Byrne is at the Stadacona hospital and specializes in one-on-one nutrition counselling. One area that all of our dietitians are passionate about is food literacy. Building members' confidence in their food skills, food decisions, and talking about where our food is coming from.

What better way to celebrate the month than with a recipe! This recipe

is from Dietitians of Canada's free downloadable e-book check out the other 15 recipes at: nutrition-month2022.ca



Lentil sloppy joes

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- Check out cafconnection.ca/Halifax/hp
- Have questions? Send us an email HFXhealthpromotions@forces.gc.ca or call us at 902-722-4956

Lentil sloppy joes

Ingredients

2 tablespoons (30 mL), Olive oil
½ Onion, medium, finely chopped
1 Yellow or red bell pepper diced
2 cloves, Garlic, minced
14 oz (398 mL), Tomato sauce, canned
1 tablespoon (15 mL), Worcestershire sauce
2 teaspoons (10 mL), Chili powder
1 ½ teaspoons (7 mL), Brown sugar (optional)
1 teaspoon (5 mL), Ground cumin
½ teaspoon (2 mL), Paprika or smoked paprika
2 cans of 19 fl. oz. (540 mL) each, Lentils, canned, drained and rinsed well
6 – 8, Whole wheat hamburger buns, toasted

Directions

1. Heat oil in a large skillet over medium heat. Add onion, bell pepper and garlic. Stir to combine. Sauté for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and slightly browned.
2. Add tomato sauce, Worcestershire sauce, chili powder, brown sugar if using, cumin and paprika. Add lentils to the skillet and stir to combine. Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally, about 5-10 minutes.
3. Serve the mixture on toasted buns.

Celebrating International Women's Day in West Africa

Sailors from HMC ships Moncton and Goose Bay pose for a photo to mark International Women's Day while deployed on Operation Projection West Africa, during a port visit in Abidjan, Côte d'Ivoire. The pose represents the "Break the Bias" campaign, which promotes a vision for a gender-equal world.

CPL JACYLN BUELL





From Kenya to Winnipeg: One sailor's journey to the RCN

By RCN

When Sailor 1st Class (S1) Martha Mbuyi-Kanyinda arrived in Winnipeg with her family at the age of nine from Kenya, she was terrified.

“No one really prepares you for a big lifestyle change like that,” she says, remembering that her biggest challenges were adjusting to the cold climate and learning English.

Fast forward to today and she is a 23-year-old reservist with Her Majesty's Canadian Ship (HMCS) *Chippawa*, Winnipeg's Naval Reserve Division, with six years of service in the Royal Canadian Navy (RCN) and many accomplishments to her credit.

Her family is from the Democratic Republic of Congo and were en route to Kenya when she was born in

Tanzania, she recalls. They lived in Kenya for nine years before coming to Canada seeking a better future.

“The way of life in Kenya was quite different from westernized life for sure. Instead of playing with toys as a kid I was taught to hunt and gather.”

When she decided to join the military in 2016, her brother encouraged her to enlist in the Navy rather than the Army. She is glad she did as she has made a lot of friends and good memories.

“The different types of people you get to interact and work with has been one of the best things about the RCN. Everyone has a different background, especially reservists, so having the opportunity to learn and become friends

with these people has impacted my life positively.”

Along with her work as a naval communicator, she has a Bachelor's degree in psychology and criminology, and will soon be starting a Master's degree in criminology. Her ambition is to become a police officer or detective once her schooling is complete, but she also wants to continue working part-time in the RCN.

Having just finished her undergraduate degree, S1 Mbuyi-Kanyinda deployed on Operation Projection West Africa in HMCS *Goose Bay*, a strategic deployment that promotes maritime stability and security in the Gulf of Guinea region.

She was eager to go, partly because

her life experiences have given her a sincere desire to help others, and because interacting with people from different countries appeals to her.

“I'm pretty excited. It's the first time I've done 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.”

S1 Mbuyi-Kanyinda enjoys her work in the RCN, and encourages other young women to join. She likes that opportunities for women are increasing and there are more women in higher ranks and in command positions.

Sailor 1st Class (S1) Martha Mbuyi-Kanyinda deployed on Operation Projection West Africa in Her Majesty's Canadian Ship Goose Bay.

La matelot de 1re classe (mat 1) Mbuyi-Kanyinda a été déployée dans le cadre de l'opération Projection Afrique de l'Ouest à bord du navire canadien de Sa Majesté Goose Bay.

SUBMITTED/SOUMIS

Du Kenya à Winnipeg : le parcours d'une matelot au sein de la MRC

Par MRC

Lorsque la matelot de 1re classe (mat 1) Martha Mbuyi-Kanyinda est arrivée à Winnipeg avec sa famille à l'âge de neuf ans, elle était terrifiée.

« Personne ne vous prépare vraiment à un aussi gros changement de mode de vie », dit-elle, se rappelant que ses plus grands défis ont été de s'adapter au climat froid et d'apprendre l'anglais.

Aujourd'hui, elle a 23 ans et est réserviste à bord du navire canadien de Sa Majesté (NCSM) *Chippawa*, la division de la Réserve navale de Winnipeg. Elle compte six années de service au sein de la Marine royale canadienne (MRC) ainsi que de nombreuses réalisations.

Sa famille est originaire de la République démocratique du Congo et était en route vers le Kenya quand elle est née en Tanzanie, se souvient-elle. Ils ont vécu au Kenya pendant neuf ans

avant de venir s'installer au Canada en quête d'un avenir meilleur.

« Le mode de vie au Kenya était très différent de la vie occidentale, c'est certain. Au lieu de jouer avec des jouets quand j'étais enfant, on m'a appris à chasser et à faire la cueillette. »

Lorsqu'elle a décidé de se joindre à l'armée en 2016, son frère l'a encouragé à s'engager dans la Marine plutôt que dans l'armée de terre. Elle est heureuse de l'avoir fait, car elle s'est fait beaucoup d'amis et s'est créé de bons souvenirs.

« Les différents types de personnes avec qui vous avez l'occasion de communiquer et de travailler sont l'un des aspects positifs dans la MRC. Chaque personne possède un bagage différent, en particulier les réservistes, alors le fait d'avoir la possibilité d'apprendre de ces personnes et de se lier d'amitié avec elles a eu une incidence positive

sur ma vie. »

En plus de travailler comme communicatrice navale, elle est titulaire d'un baccalauréat en psychologie et en criminologie, et va bientôt commencer une maîtrise en criminologie. Son ambition est de devenir policière ou détective après avoir achevé ses études, mais elle veut également continuer de travailler à temps partiel au sein de la MRC.

Venant tout juste de terminer son diplôme de premier cycle, la Mat 1 Mbuyi-Kanyinda a été déployée dans le cadre de l'opération Projection Afrique de l'Ouest à bord du NCSM *Goose Bay*, un déploiement stratégique visant à assurer la stabilité et la sécurité dans la région du golfe de Guinée.

Elle était impatiente de partir, en partie parce que les expériences qu'elle a vécues lui ont donné un désir sincère d'aider les autres, et parce que

l'interaction avec des gens de différents pays l'attire.

« Je suis plutôt enthousiaste. C'est la première fois que je participe à un long déploiement comme celui-ci. J'ai hâte d'y être, d'autant plus que nous aurons l'occasion de faire quelques exercices pratiques, de travailler auprès des enfants de la région et de les aider. Ces expériences me tiennent vraiment à cœur. »

La Mat 1 Mbuyi-Kanyinda aime manifester son travail au sein de la MRC, et elle encourage d'autres jeunes femmes à s'enrôler. Elle se réjouit de voir que les perspectives pour les femmes se multiplient et qu'un plus grand nombre de femmes occupe des postes de rangs supérieurs et de commandement.





Navy works to increase enrollment and examine sailor workload

By RCN

The Royal Canadian Navy (RCN) is short roughly 1,000 personnel and leadership is fully aware that our sailors often feel the impacts. This can lead to challenges such as burnout from maintaining a high operational tempo, training delays and lack of consistency in work-life balance. To address these problems, in 2021 the RCN created Project Navy Generation (PNG), an initiative aimed at reviewing the Navy's entire personnel generation system, from recruiting to various training programs.

"Healthy, competent, qualified people are nearing or at the burnout stage – I've seen it first hand and I get multiple phone calls and emails about it," said Chief Petty Officer 1st Class (CPO1) David Steeves, the RCN Command Chief Petty Officer. "It may not be in every sailor's nature, but I ask those who are truly negatively affected to please speak up when they need help."

"We are working hard to fix this, but it will take time," said CPO1 Steeves.

One of the initiatives to help with the problem is the RCN's new Digital Parade State, an in-house developed tracking software that has the capability to improve how the Navy matches

deployment and training openings with sailor availability. The goal is to more evenly distribute workload amongst sailors across the fleet.

The RCN is now prioritizing training positions over routine activities to better fill positions in the long term. For example, if the only option to fill a specific position on board a deploying ship comes at the expense of the training system, the training system will most likely be prioritized while the ship would sail without that specific position, although with a plan in place to mitigate the risk.

The Navy is also implementing new internal guidance to allow more flexibility in different aspects of training. This new guidance emphasizes the continued need for sailors to build experience at sea, however new options to do so are being explored. For example, those waiting for Naval Environmental Training will now have more opportunities to get to sea, and personnel may be rotated at key junctions during a ship's deployment to give more sailors opportunities for at-sea development.

Recruitment is a key area where the RCN needs to see improvement in order to recover from the present

shortages. While personnel shortages are a Canadian Armed Forces (CAF)-wide problem, the problem is even greater for the Navy as fewer than eight per cent of CAF applicants ultimately choose a naval career. As the RCN begins to look for sailors to crew the incoming Arctic and Offshore Patrol Ships, Joint Support Ships and Canadian Surface Combatants, the need for modernized and streamlined approaches to recruiting has become even more apparent.

"The problem is circular. By not recruiting enough members, positions aren't filled and people get overworked. Overworked sailors will be less likely to recommend a Navy career to others. This is unfortunate as word-of-mouth has historically been our most successful recruiting method," said Rear Admiral Angus Topshee, Assistant Chief of the Naval Staff – Personnel and Training, and Commander Maritime Forces Pacific, who oversees PNG. "We need to get more people in, get them trained, and then keep them in – that's essentially the answer."

Navy-specific attractions and recruitment are being prioritized through a new One Navy strategy, with increased attractions activities planned by all RCN units, and by continuing to leverage the 24 Naval Reserve Divisions across Canada. Although evolving, this program includes changing the approach to

some kinds of community visits and activities, empowering Reserve Divisions to better promote Regular Force programs, emphasizing the ability to transfer to the Regular Force for Reservists, and investing more resources into attractions.

"The RCN is acquiring some of the world's most advanced warships and our new cross-country, Reserve Division-focused attractions and recruiting approach is going to ensure that Canadians everywhere are aware of just what an incredibly exciting time it is to join the Navy," said RAdm Topshee.

As an example of the RCN's new approach to community visits, Great Lakes Deployments will now be refocused on attraction activities that promote the RCN as a career of choice to a more diverse selection of potential applicants. These deployments happen nearly every fall and see RCN ships visit communities along the St. Lawrence Seaway and Great Lakes. Several other programs, like Canadian Students at Sea, will also give employment seekers the chance to find out what a naval career can offer them.

"This is really a whole-of-organization, multi-faceted approach," said RAdm Topshee. "If we can make even a one per cent difference in any given area, we will, and through all of these small successes, across the Navy and beyond, we are going to fix this."



Nova Scotia
Naval Association of Canada

2022 Naval Bursary Applications

The Nova Scotia Naval Association of Canada (NSNAC) offers \$1,000 bursary to Nova Scotia/Maritime Provinces students with a naval connection to pursue training at a recognized secondary educational institution. For copy of application form visit: [www.navalassoc.ca/Branches/Nova Scotia](http://www.navalassoc.ca/Branches/Nova%20Scotia)

DEADLINE FOR APPLICATIONS: APRIL 16

The non-profit NSNAC supports a robust and capable Royal Canadian Navy to safeguard Canada's security and global interests; conducts educational, media commentary and other public engagement activities; supports a vibrant three ocean blue economy and encourages greater understanding of naval and maritime heritage while fostering fellowship and camaraderie among members and the wider maritime community.



Nova Scotia
Naval Association of Canada

www.navalassoc.ca

Canadian military aid to Ukraine



A CC-177 Globemaster aircraft arrives at Lviv Airport, Ukraine, carrying lethal military equipment, on February 22, which will be provided to the Ukrainian security forces in order to help them defend against threats.



La MRC s'efforce d'accroître le recrutement et d'examiner la charge de travail de ses marins

Par MRC

Il manque environ 1 000 personnes pour combler les effectifs de la Marine royale canadienne (MRC) et les dirigeants sont pleinement conscients que nos marins en subissent souvent les conséquences. Cela peut entraîner des problèmes comme de l'épuisement professionnel dû au maintien d'un rythme opérationnel élevé, des retards dans l'instruction et un manque de cohérence dans l'équilibre entre le travail et la vie personnelle. Pour résoudre ce problème, la MRC a créé en 2021 Production Marine (PM), une initiative visant à revoir l'ensemble du système de génération de personnel de la Marine, du recrutement aux divers programmes d'instruction.

« Des personnes saines, compétentes et qualifiées sont proches ou au stade de l'épuisement professionnel. Je l'ai constaté moi-même et je reçois de nombreux appels téléphoniques et courriels à ce sujet », a déclaré le premier maître de 1re classe (PM 1) David Steeves, premier maître du Commandement de la MRC. « Ce n'est peut-être pas dans la nature de tous les marins, mais je demande à ceux qui sont vraiment affectés par cette situation de venir nous parler lorsqu'ils ont besoin d'aide. »

« Nous travaillons dur pour résoudre ce problème, mais cela prendra du temps », a déclaré le PM 1 Steeves.

L'une des initiatives visant à résoudre ce problème est le nouveau logiciel de la MRC concernant l'état de l'effectif numérique (Digital Parade State), un logiciel de suivi développé en interne qui a la capacité d'améliorer la façon dont la Marine fait correspondre les ouvertures de déploiement et d'instruction avec la disponibilité des marins. L'objectif est de répartir plus

équitablement la charge de travail entre les marins de la flotte.

La MRC donne maintenant la priorité aux postes d'instruction plutôt qu'aux activités de routine afin d'être en mesure de pourvoir les postes à long terme. Par exemple, si la seule option permettant de pourvoir un poste particulier à bord d'un navire en déploiement implique que cela soit fait au détriment du système d'instruction, il est fort probable que le système d'instruction soit priorisé et que le vaisseau poursuivra ses activités sans que ce poste soit pourvu; cependant un plan sera mis en place pour atténuer tout risque inhérent.

La Marine met également en œuvre de nouvelles directives internes pour permettre une plus grande souplesse dans différents aspects de l'instruction. Ces nouvelles directives soulignent la nécessité pour les marins d'acquiescer de l'expérience en mer, et de nouvelles options sont à l'étude pour y parvenir. Par exemple, les marins qui attendent de suivre l'instruction sur l'environnement naval auront désormais plus d'occasions de prendre la mer, et ils pourront être affectés à des postes clés pendant le déploiement d'un navire afin de donner à davantage de marins la possibilité de se perfectionner en mer.

Le recrutement est un domaine essentiel sur lequel la MRC doit travailler afin de se remettre des pénuries actuelles. Bien que la pénurie de personnel soit un problème qui touche l'ensemble des Forces armées canadiennes (FAC), le problème est encore plus préoccupant pour la Marine, car moins de huit pour cent des candidats des FAC choisissent finalement une carrière dans la Marine. Alors

que la MRC commence à recruter des marins pour équiper les nouveaux navires de patrouille extracôtiers et de l'Arctique, les navires de soutien interarmées et les navires de combat de surface canadiens, la nécessité d'adopter des approches modernisées et simplifiées en matière de recrutement est devenue encore plus évidente.

« Le problème est cyclique. En ne recrutant pas suffisamment de militaires, les postes ne sont pas pourvus et les gens sont surchargés de travail. Les marins surmenés seront moins enclins à recommander une carrière dans la Marine à d'autres personnes. C'est regrettable, car le bouche-à-oreille a toujours été notre méthode de recrutement la plus efficace », a déclaré le contre-amiral Angus Topshee, chef d'état-major adjoint de la Marine – Personnel et instruction, et commandant des Forces maritimes du Pacifique, qui supervise le programme PM. « Nous devons recruter plus de gens, les instruire, puis les retenir, c'est essentiellement la solution à notre problème ».

Les attractions et le recrutement propres à la Marine sont prioritaires dans le cadre de la nouvelle stratégie « Marine unique », qui prévoit une augmentation des activités d'attraction dans toutes les unités de la MRC, tout en continuant à tirer parti des 24 divisions de la Réserve navale au Canada. Bien qu'il soit en évolution, ce programme prévoit de modifier l'approche de certains types de visites et d'activités communautaires, de donner aux divisions de la Réserve les moyens de mieux promouvoir les programmes de la Force régulière, de mettre l'accent sur la possibilité pour

les réservistes de passer à la Force régulière et d'investir davantage de ressources dans les attractions.

« La MRC fait l'acquisition de certains des navires de guerre les plus perfectionnés au monde et notre nouvelle approche en matière d'attractions et de recrutement, axée sur les divisions de la Réserve, permettra de s'assurer que les Canadiens, où qu'ils soient, sont conscients du fait qu'il s'agit d'une occasion extraordinaire pour se joindre à la Marine », a déclaré le Cam Topshee.

Pour illustrer la nouvelle approche de la MRC en matière de visites communautaires, les déploiements sur les Grands Lacs seront désormais recentrés sur les activités d'attraction qui font la promotion de la MRC comme carrière de choix auprès d'une sélection plus diversifiée de candidats potentiels. Ces déploiements ont lieu presque chaque automne et permettent aux navires de la MRC de visiter les communautés le long de la Voie maritime du Saint-Laurent et des Grands Lacs. Plusieurs autres programmes, comme Étudiants canadiens en mer, donneront également aux chercheurs d'emploi la chance de découvrir ce qu'une carrière au sein de la Marine peut leur offrir.

« Il s'agit vraiment d'une approche globale et à multiples facettes », a déclaré RAdm Topshee. « Si nous pouvons obtenir ne serait-ce qu'un pour cent de réussite dans un domaine donné, nous le ferons, et grâce à toutes ces petites réussites, dans l'ensemble de la Marine et au-delà, nous allons régler le problème. »

First drug bust for Operation Caribe 22



Royal Canadian Navy members from HMCS Yellowknife conduct Rigid Hull Inflatable Boat (RHIB) training with the United States Coast Guard while training ahead of Operation Caribe 22. The team secured their first drug bust of the deployment recently, interdicting a panga boat, resulting in the seizure of approximately 800kg of cocaine.



A sailor from HMCS Yellowknife launches the PUMA off the ship while at sea during Operation Caribe on February 24.



Making it work: New Workforce Reintegration Program offers help to military members and veterans

By Joanie Veitch,
Trident Staff



Members of the Landing Strong team. Seated on stool; Petra Woehrle, registered psychologist. Seated on couch, from left to right: Mackenzie Seagram, graduate student and director of community engagement; Belinda Seagram, registered psychologist and founder of Landing Strong; Jennifer Whalen, project manager of the Workforce Reintegration Program; Olivia Brown, psychologist-candidate register. Seated in front of couch: Lezlee Mackenzie, office manager.

A treatment centre in Windsor, NS aims to help people transition from military service and frontline emergency work to “civvy” careers with a new fully-funded program.

Launched as a seven-week pilot project in September 2021, the Workforce Reintegration Program (WRP) is run by Landing Strong, an non-profit organization that opened in 2018 to support current and former military members, and other first responders, dealing with operation-related injuries, including post-traumatic stress disorder (PTSD), anxiety and depression.

Landing Strong offers group-based treatment programs, provided by mental health professionals with specialized training in trauma recovery.

The goal of this new program is to help participants map a path forward after leaving their service role, said Jen Whalen, project manager for the program with Landing Strong.

While there are many return-to-work

programs throughout the province, this one is unique in that it works solely with military members, veterans and other first responders, Whalen added.

“It can be a very difficult transition. This is an exceptionally hard working group of people who have dedicated their lives to ‘mission before self’ but the reality is that some of them are dealing with significant injury and they need support to make that transition back into the regular workforce.”

Ten participants completed the pilot program last fall. A second cohort ran through February and March, and another group is slated to start in May.

Some participants had previously been connected to the Landing Strong treatment centre, but “word of mouth” has generated a lot of interest as well, Whalen said.

Developed as an in-person program, participants attend group sessions two days a week for seven weeks. Lead by a

group facilitator, participants work to assess their work readiness and navigate next steps to find either paid work or volunteer activities.

“The peer support aspect of the program is huge. We can teach and help guide participants but what they get from each other and the connections they make really helps. They are building a community of support that will help them long after the program ends,” Whalen said.

For many, the cultural transition from military service, or working as a first responder, can be tough, Whalen said, noting that people who have done either military service or worked in emergency situations often have a “jump in, two feet first” mentality.

And even though they might think they’re ready for work, the reality of taking the next step can leave them feeling overwhelmed, she added.

“The program is about workplace reintegration, but depending on where

people are at in terms of dealing with their past injury, just getting to the program and talking about work can be very triggering,” Whalen said.

Over the course of the seven-weeks, participants work through a series of steps, including identifying the transferable skills they have developed through their previous work and life experiences and creating a job portfolio and resume.

No one is pushed to move at a pace beyond their comfort level, and for some paid work will not be the end result, Whalen said.

“The goal is to help people build confidence, to identify their strengths and skills ... we take it slow and emphasize the importance of thinking about their values to find work that will be sustaining and fulfilling for them over the long term; work that will be meaningful. For some that will be volunteer work,” she said.

One participant from a previous program has gone on to establish a home-based business, and another went back to their previous work, she said. “It’s wonderful to see people put the pieces together and make a plan that works for them, to see them build confidence and feel a sense of recovery.”

Whalen also works with businesses to establish work placement opportunities, and will continue to check in with program participants, if needed, after the program ends.

“That ongoing support is critical. Some people might not need it, but for others it will be the key to how they can make the transition back into the workforce successfully,” she said. “Just to be able to touch base and talk things through. Going back to work is a huge transition and it takes time.”

The program is fully funded and offered at no cost to participants with the Atlantic Canada Opportunities Agency (ACOA) as primary funder, having provided money for program development and funding the program through to early 2023.

While the program is being offered in person at present, an online component is being developed so people from outside the Windsor area can also take part.

For more information, call 902-472-2972 or go to landingstrong.com. To contact Jennifer Whalen directly, email jwhalen@landingstrong.com.



NATO anti-submarine exercise Dynamic Manta 2022 concludes in Italy

By NATO MARCOM,

NATO exercise Dynamic Manta 2022 (DYMA22) ended on March 4 in Catania after 12 days of anti-submarine warfare (ASW) and anti-surface warfare (ASUW) training.

Ships, submarines, as well as aircraft and personnel from nine allied nations converged in the Central Mediterranean Sea for this exercise.

Submarines from France, Greece, and Italy joined surface ships from Canada, France, Greece, Italy, Spain, Turkey, the U.K., and the U.S. for the exercise. Maritime patrol aircraft from Canada, France, Germany, Greece, Italy, the U.K. and the U.S. also supported the simulated, multi-threat environment.”

“The skill, determination, and outstanding execution by this multinational force made Dynamic Manta a valuable training event for all involved and Italy, as host nation, provided exceptional support in addition to participating forces,” Commander, Submarines NATO Rear Admiral Stephen Mack said. “The ability to quickly and effectively combine ships, submarines, and air assets from nine nations clearly demonstrated the Alliance’s unity and readiness as the maritime component of the NATO Response Force.”

Commander of Standing NATO Maritime Group Two (SNMG2) Rear Admiral Mauro Panebianco led the exercise at sea from flagship Italian Navy ITS Carlo Margottini (F592).

“Ships demonstrated that NATO maritime forces keep on training and maintain high readiness in the Med-

iterranean” Panebianco said. “These exercises testify NATO cohesion and assure Allies of the maritime commitment to collective defence.”

Each surface ship conducted a variety of submarine warfare operations during Dynamic Manta. The submarines took turns hunting and being hunted, closely coordinating their efforts with the air and surface participants. Sixteen dedicated ASW serial exercises transitioned from basic-to advanced-level scenarios in a challenging undersea environment.

An in-stride debriefing in support of the training team led by MARCOM’s Operations Directorate analyzed the ASW events. Personnel from seven nations augmented the trainers in addition to remote augmentation from personnel from five nations from their national headquarters. NATO’s Centre for Maritime Research and Experimentation (CMRE) supported the debrief with in-depth analysis of selected events. The training team provided timely feedback to all participants, which facilitated accelerated lessons learned enabling immediate improvement and refinement of tactics and procedures while underway.

Dynamic Manta is one of the two major ASW exercises led every year by NATO Maritime Command (MARCOM). SNMG2, as a core part of NATO’s Response Force, regularly participates in such advanced training ensuring the high readiness of the maritime component of the NRF.

SNMG2 has resumed its program of operations in the Mediterranean Sea.



The NATO task group is seen at sea during the kickoff to Exercise Dynamic Manta on February 21. Nine nations participated in the annual exercise, with Canada being represented by HMCS Montreal as part of its Operation Reassurance deployment with SNMG2.

NATO MARCOM



HMCS Montreal conducts a replenishment at sea with Italian oilier ITS Stromboli during Exercise Dynamic Manta on February 27.

CPL BRADEN TRUDEAU

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CFB Halifax Base Commander statement in honour of the International Day for the Elimination of Racial Discrimination

Local Defence Team,

Today, on the International Day for the Elimination of Racial Discrimination (IDERD), I write this message to you in my capacity as the Champion of our MARLANT Defence Visible Minority Advisory Group (DVMAG).

Each year on March 21, IDERD is observed globally to acknowledge the ongoing reality of injustices and prejudices fueled by racial discrimination. This date was chosen in commemoration of the day that 69 South Africans lost their lives during a peaceful demonstration against apartheid "pass laws" back in 1960.

Today, 62 years later, we continue to recognize the injustices faced by global citizens at home and abroad as a result of racial discrimination. This is not something to celebrate in 2022, but is a truth that needs to be acknowledged so that we can reflect on the continued work that needs to be done to eliminate racially discriminatory practices and behaviors within our workplaces and our communities.

It's no secret that combatting racial discrimination in all its forms can seem daunting, but every action we take as individuals and as a team will help. Here are just a few ways that you

can become an active participant:

(1) Listen: Give time and space to listen those who are willing to open up about their lived experiences with racism and discrimination. Take the time to openly receive their perspective, withholding any judgment. While you listen, be aware that you may very well be listening from a place of privilege and that you are most likely experiencing this information while trying to manage your own conscious or unconscious bias. Never expect someone to provide insight into their lived experience, but thank them if they are ready and willing to do so.

(2) Learn: Consume news, books, podcasts and films delivered from a diverse range of perspectives. Take advantage of the free and accessible training programs and courses offered through the Canada School of Public Service such as the Anti-Racism Learning Series.

(3) Act: Speak up (respectfully) if you observe discriminatory practices in the workplace or in your community. Talk to your supervisor, a helping professional, a trusted friend or a family member about the experience. Recognize others who are actively com-

batting discriminatory behavior by thanking them for modeling positive actions. Assess your own actions, both past and present, and be willing to acknowledge your own failures while committing to growth and change. Repeat these actions in perpetuity and watch the momentum build.

(4) Get involved: Here on Base, we have a number of Defence advisory groups that provide advice to DND/CAF leadership on the relevant issues faced by Defence Team members who have diverse backgrounds, abilities and gender identities. These groups are made up of dedicated volunteers that organize outreach initiatives; shares educational tools; assists in policy development; promotes maximum participation in self-identification; and recommends concrete solutions to systemic workplace barriers. When it comes to matters of racial discrimination, I encourage you to get involved with either the MARLANT DVMAG (Halifax.DVMAG@forces.gc.ca) or the Atlantic Defence Aboriginal Advisory Group (ADAAG) (Halifax.DAAG@forces.gc.ca). All Defence Team members are welcome!

As members of a strong and united Defence Team, we can empower one another to take these actions as we continue to foster a workplace where everyone feels safe and respected.

One thing that I have learned personally through listening, learning,

acting and getting involved is that racial discrimination is not a one-size-fits-all issue. No two individuals or racialized communities share the same challenges, therefore we cannot assume that a single solution can be applied across the board. As a Defence community, we must strive to understand these unique and varied challenges while committing to the hard work required to be part of a lasting solution.

In closing, I want to thank the amazing MARLANT DVMAG co-chairs, Rene Gannon and S1 Saif Morsy, and all DVMAG members from whom I continue learning every day. I also want to commend all Defence Team members who are working to foster a safe and respectful workplace here at CFB Halifax.

Although IDERD is commemorated on a single day, I encourage you all to take action against racism and discrimination every day of the year while finding ways to celebrate the incredible diversity within our Defence family and our communities. We may not always get it right, but it's important that we keep trying.

Thank you,

*Capt(N) Sean Williams,
CFB Halifax Base Commander
MARLANT DVMAG Champion*

Attn: Transitioning Military Members

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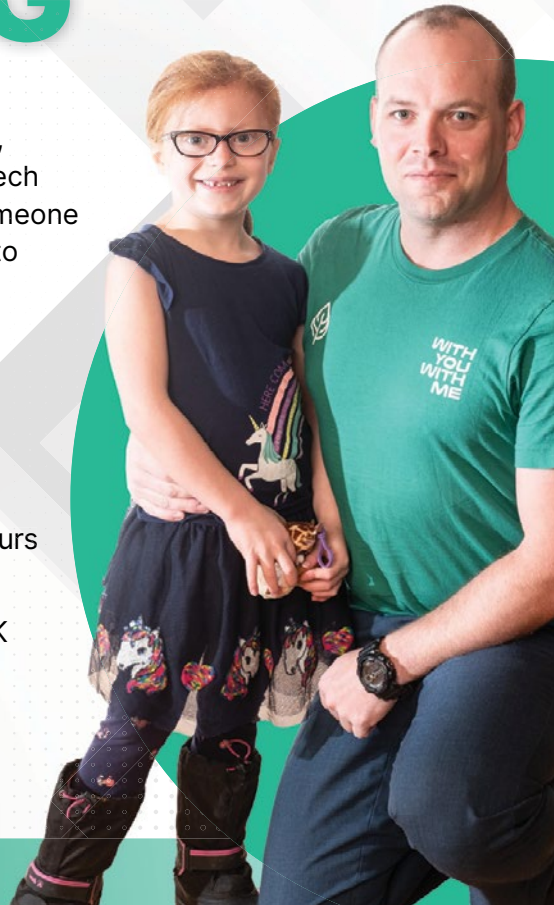
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Message du Commandant de la BFC Halifax à l'occasion de la Journée internationale pour l'élimination de la discrimination raciale



Capt(N) Sean Williams, CFB Halifax Base Commander MARLANT DV MAG Champion

Capv Sean Williams, Commandant de la BFC Halifax Champion du GCMVD pour les FMAR(A)

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Équipe de la Défense locale :

Aujourd'hui, à l'occasion de la Journée internationale pour l'élimination de la discrimination raciale (JIEDR), je vous adresse ce message en ma qualité de champion du Groupe consultatif des minorités visibles de la Défense (GCMVD) pour les FMAR(A).

Chaque année, le 21 mars, le monde entier souligne la JIEDR afin de reconnaître que l'injustice et les préjugés alimentés par la discrimination raciale ont lieu tous les jours. Cette date a été choisie pour commémorer ce jour de 1960 où 69 Sud-Africains ont perdu la

vie lors d'une manifestation pacifique contre les lois relatives aux laissez-passer imposées par l'apartheid.

Aujourd'hui, 62 ans plus tard, nous continuons à reconnaître les injustices auxquelles sont confrontés les citoyens du monde, chez eux et à l'étranger, en raison de la discrimination raciale. Il ne s'agit pas d'un événement à célébrer en 2022, mais d'une vérité qui doit être reconnue afin que nous puissions réfléchir aux efforts que nous devons déployer pour éliminer les pratiques et les comportements discriminatoires fondés sur la race dans nos milieux de travail et nos communautés.

Ce n'est un secret pour personne que la lutte contre la discrimination raciale, sous toutes ses formes, peut sembler décourageante, mais chaque mesure que nous prenons individuellement et en équipe sera utile. Voici quelques exemples concrets des mesures que tout un chacun peut prendre :

(1) Écouter. Prenez le temps et la peine d'écouter ceux qui sont prêts à confier leur expérience du racisme et de la discrimination. Accueillez sans réserve leur point de vue, en vous abstenant de tout jugement. Pendant que vous écoutez, soyez conscient que vous pouvez venir d'un endroit privilégié et que peut-être vous êtes en train de vivre cette même expérience tout en essayant de gérer vos préjugés conscients ou inconscients. Ne vous attendez jamais à ce que les gens vous parlent de leur expérience personnelle, mais remerciez-les s'ils sont prêts et disposés à le faire.

(2) Se renseigner. Tenez-vous au courant des nouvelles, lisez des livres, écoutez des balados et regardez des films provenant d'un large éventail de sources. Profitez des programmes et des cours de formation offerts gra-

tuitement par l'École de la fonction publique du Canada, comme la Série d'apprentissage sur la lutte contre le racisme.

(3) Agir. Dénoncez (avec respect) les pratiques discriminatoires dont vous êtes témoin au travail ou dans votre communauté. Faites-en part à votre superviseur, à un professionnel du domaine, à un ami en qui vous avez confiance ou à un membre de votre famille. Remerciez les personnes qui luttent activement contre les comportements discriminatoires pour leurs actions positives. Évaluez vos propres actions, passées et présentes, et soyez prêt à reconnaître vos propres échecs tout en vous engageant à évoluer et à changer. Répétez ces actions continuellement et voyez la dynamique s'installer.

(4) Se mobiliser. Nous avons ici, à la base, un certain nombre de groupes consultatifs de la Défense qui conseillent les dirigeants du MDN et des FAC sur les problèmes pertinents auxquels font face les membres de l'Équipe de la Défense quels que soient leurs antécédents, leurs compétences et leur orientation sexuelle. Ces groupes sont composés de bénévoles dévoués qui organisent des activités de sensibilisation, offrent des outils éducatifs, participent à l'élaboration de politiques, favorisent une participation maximale au processus d'auto-identification et recommandent des solutions concrètes aux obstacles systémiques en milieu de travail. En ce qui concerne les questions de discrimination raciale, je vous encourage à vous joindre au GCMVD des FMAR(A) (Halifax.DVMAG@forces.gc.ca) ou au Groupe consultatif des Autochtones de la Défense de l'Atlantique (GCADA) (Halifax.DAAG@forces.gc.ca). Tous les membres de l'Équipe de la Défense sont les bienvenus!

En tant que membres d'une Équipe de la Défense forte et unie, nous pouvons nous donner les moyens de prendre ces mesures tout en continuant à favoriser un milieu de travail où chacun se sent en sécurité et respecté.

L'une des choses que j'ai apprises en écoutant, en me renseignant, en agissant et en me mobilisant est que la discrimination raciale n'est pas un problème à caractère général. Chaque personne ou chaque communauté racialisée a ses propres difficultés, et nous ne pouvons donc pas supposer qu'une solution unique peut être appliquée à tous. En tant que communauté de la Défense, nous devons nous efforcer de comprendre ces difficultés uniques et variées tout en nous engageant à déployer tous les efforts pour faire partie d'une solution durable.

En terminant, je tiens à remercier les formidables coprésidents du GCMVD des FMAR(A), René Gannon et le Mat 1 Saif Morsy, ainsi que tous les membres du groupe auprès desquels je ne cesse d'apprendre chaque jour. Je tiens également à féliciter tous les membres de l'Équipe de la Défense qui s'efforcent de favoriser un milieu de travail sécuritaire et respectueux ici à la BFC Halifax.

La JIEDR est commémorée une fois par an certes, mais je vous encourage à lutter contre le racisme et la discrimination tous les jours de l'année, tout en trouvant des moyens de célébrer l'incroyable diversité au sein de la famille de la Défense et de nos communautés. Nous ne réussirons pas toujours, mais nous devons continuer à essayer.

Merci.

*Capv Sean Williams,
Commandant de la BFC Halifax
Champion du GCMVD pour les
FMAR(A)*

A conversation with Mr. Anthony Sherwood

By CFB Halifax

In honour of the International Day for the Elimination of Racial Discrimination (IDERD) 2022, the MARLANT Defence Visible Minorities Advisory Group (DVMAG) presents a virtual event: A Conversation with Mr. Anthony Sherwood.

Date: March 22, 2022

Time: 1 p.m.

Link: [Click here to join](#)

Mr. Sherwood is an African Nova Scotian Actor/Director and social activist who created the award-winning film, Honour Before Glory, the story of Canada's one and only all-Black military battalion. He was also a National Federal Co-Chair of the March 21st Campaign for seven years and is

currently serving on the Minister's No.2 Construction Battalion National Apology Advisory Committee.

During this virtual session, Mr. Sherwood will talk about his family, growing up in Halifax and being a seventh-generation African Nova Scotian. He will also discuss the making of Honour Before Glory and his work with the March 21 Campaign. There will be a brief Q and A after Mr. Sherwood's presentation.

Une discussion avec Mr. Anthony Sherwood

Par BFC Halifax

En l'honneur de la Journée internationale pour l'élimination de la discrimination raciale (JIEDR) de 2022, le Groupe consultatif des minorités visibles de la Défense (GCMVD) des FMAR(A) présente l'activité virtuelle : Une discussion avec M. Anthony Sherwood.

Date: 22 mars 2022

Heure: 1300

Lien: [Cliquez ici pour vous inscrire](#)

M. Sherwood est un acteur/réalisateur et un activiste social afro-néo-écossais qui a produit le film primé « L'honneur avant la gloire », qui raconte l'histoire du seul et unique bataillon canadien entièrement composé de soldats noirs. Il a

également été coprésident fédéral à l'échelle nationale de la campagne du 21 mars pendant sept ans et il siège actuellement au Comité consultatif du ministre sur les excuses nationales aux membres du 2e bataillon de construction.

Au cours de cette séance virtuelle, M. Sherwood parlera de sa famille qui a grandi à Halifax et du fait d'être un Afro-Néo-Écossais de septième génération. Il parlera également de la réalisation du film « L'honneur avant la gloire » et du travail qu'il a accompli dans le cadre de la campagne du 21 mars. Une brève période de questions et réponses suivra la présentation de M. Sherwood.



Padre's Corner: There is no peace unless we make it

By Padre Lt(N) Charles Irish,
Base Chaplain

The last few weeks and months have seen remarkable events. We have seen protests and blockades, division and recrimination, arguments between people who seem to live in different worlds because they cannot agree even on facts. Can there be a democracy - or even real freedom - without a common understanding of what constitutes reality? Meanwhile, in Europe, a new and appalling reality unfolds. There are stories of both brutality and courage as a nation struggles for its survival amid the ruins of the places where families once lived.

Is our society - at home and internationally - more fragile than we thought?

Ash Wednesday (2 March), for many Christians, began the season of Lent, which lasts until Easter. Those who observe this season remember their human fragility, and seek to "reset" their relationship with God and with one another. The ashes they received on their heads are a reminder that we will all become dust, and that only with love can anything hope to be lasting, and even everlasting.

What is love? It is not just feelings

or preferences. It is not reducible to passion and possessiveness. It is not about getting something for ourselves. It is giving. It is willing the good of others.

There will be no peace unless we make it. Where can it start, except with each of us in our daily lives, and in the way we treat the people we meet?

We may wish and work for peace in the world, and wish for some civility and reason at home. We may feel injustice, want to change things, and wish to raise our voices. Sometimes,

indeed, we must. But while we may think we have the truth, we may also think that the louder we proclaim it, the more right we are - and the more wrong others are. Truth without love can become just a weapon. Perhaps peace has to start with giving something. It starts with listening. It starts with respect. It starts with seeing the dignity and worth of the other person.

For how would the world be, if no one did that?

Bell-ringing ceremony for Ukraine



Members of the CFB Halifax Chaplain team hosted a bell-ringing ceremony to show support and hope for peace for the people of Ukraine on March 10 in front of CFB Halifax building S-90.



Chaplains also stressed they are available to speak with and support any CAF members who may have had their mental health impacted due to the conflict in Ukraine due to past deployment experiences or any other reasons.



SPORTS & FITNESS



Sailors donate sports gear during Op Projection

By Trident Staff



Sailors also found time to hit the pitch with youth from the Right to Play organization at the Rosharon Montessori School in Tema, Ghana.

CPL JACLYN BUELL

Wrapping up a fundraising initiative that began months ago in Halifax, crew from HMC ships *Goose Bay* and *Moncton* recently met up with a youth sports organization in Ghana to donate more than \$2,000 of sporting equipment.

The sailors visited participants

and administrators from Right to Play Ghana during a visit to Tema, outside of the country's capital city of Accra. Donations included soccer balls, pumps, water bottles, jersey and uniform materials, and more. While the donation was made at the Rosharon Montessori School in Tema, Right

to Play plans to distribute the large amount of equipment across multiple Ghanaian schools.

The project was spearheaded by *Goose Bay* sailor S1 Frederic Duclos, who was driven by his own love of soccer, as well as his experiences during previous deployments in Afghanistan, to launch the fundraiser. His goal was to connect with communities and give local children a reason to remember

the Canadian visit positively, while also helping out the soccer programs at various schools.

Following port visits in Ghana, the ships deployed on Op Projection were set to participate in Exercise Obangame Express off of West Africa. Also on the schedule is a visit to Freetown, South Africa, before returning to Halifax in April.



Members of HMC ships *Goose Bay* and *Moncton* are pictured with participants and staff at Right to Play Ghana.

CPL JACLYN BUELL

Bronze medals for RMC fencing team

Congratulations to the women's fencing team from the Royal Military College of Canada, who both hosted and had a successful outing at the Ontario Fencing Association Championships at the Kingston Military Community Sports Centre over the weekend of March 5-6. After a long hiatus from competition, the squad came back strong, finishing third in *Épée*, and fourth in both *Foil* and *Sabre*, for a bronze medal win.

RMC

