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TRIDENT

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Operation Sea Guardian

HMCS Montreal and its embarked CH-148 Cyclone helicopter, call sign Strider, patrol the Mediterranean Sea to help build maritime situational awareness in associated support of NATO's Operation SEA GUARDIAN on April 11. Sea Guardian is a regular NATO operation with a goal to maintain maritime situational awareness, deter and counter terrorism at sea, and enhance capacity building in the region.

CPL BRADEN TRUDEAU



HMCS *Halifax* Hull Insert Repair at FMF Cape Scott

By Jeff Wilton,
FMFCS Work Centre Manager for Production Hull

Prior to Christmas 2021, during HMCS *Halifax*'s Short Work Period (SWP), several areas of concern were noted on the exterior side of HMCS *Halifax*'s hull plating at Frame (FR) 0 to Frame (FR) 2.5 on the port mezzanine deck level.

Corrosion in the hull plating below the Focsls was found on the port side of the ship, in the way of the Rope Stores and Boson's workshop. The level of corrosion was unknown, and in order to perform a proper assessment, the paint, coving, and all of the insulation had to be removed. The greatest concern was how far the corrosion had progressed and the wastage of the shell plating, longitudinals, frames and steel deck structure below. There was a risk of a hull breach should the ship encounter heavy seas common to the North Atlantic.

Following exposure of the bare metal, Hull Surveyors conducted a structural inspection on the interior side of the hull plate. Survey results determined that the hull shell plate was holed in four (4) areas and the adjacent hull plate was eroded beyond the allowable tolerance. This meant that new hull inserts were required in order to replace the wasted shell plating. The area of hull plate surveyed was within the shear strake and is considered critical structure, with a maximum allowable wastage to be

<15% in accordance with the technical document used when determining if steel has to be replaced to corrosion.

The extent of these steel repairs meant that the tradespersons would require access to both the inside and outside of the ship to both cut out and weld in new longitudinals and shell plating, as well as paint the new steel upon completion.

Performing steel repairs in Halifax between January and March is always a challenge due to the weather, but this was an even greater challenge when trying to perform shell inserts. In order to reduce the impacts of the weather on the repair, HMCS *Halifax* was berthed in the camber at Jetty NF2/3 with the work area adjacent to the building in an effort to shelter the work area as much as possible from the winds and weather. It was not practical to perform the exterior work off lifts, so it was determined a hanging and hoarded-in scaffold would be required. This is dangerous work that requires extraordinary skill sets from the tradespersons involved.

The repairs started at a time when tensions were rising in Ukraine, and Nova Scotia was being hit hard with another wave of COVID-19. With the uncertainty of what would be occurring in Europe, and unsure about the shifting workforce with the emerging outbreak of COVID, Plate Shop Su-

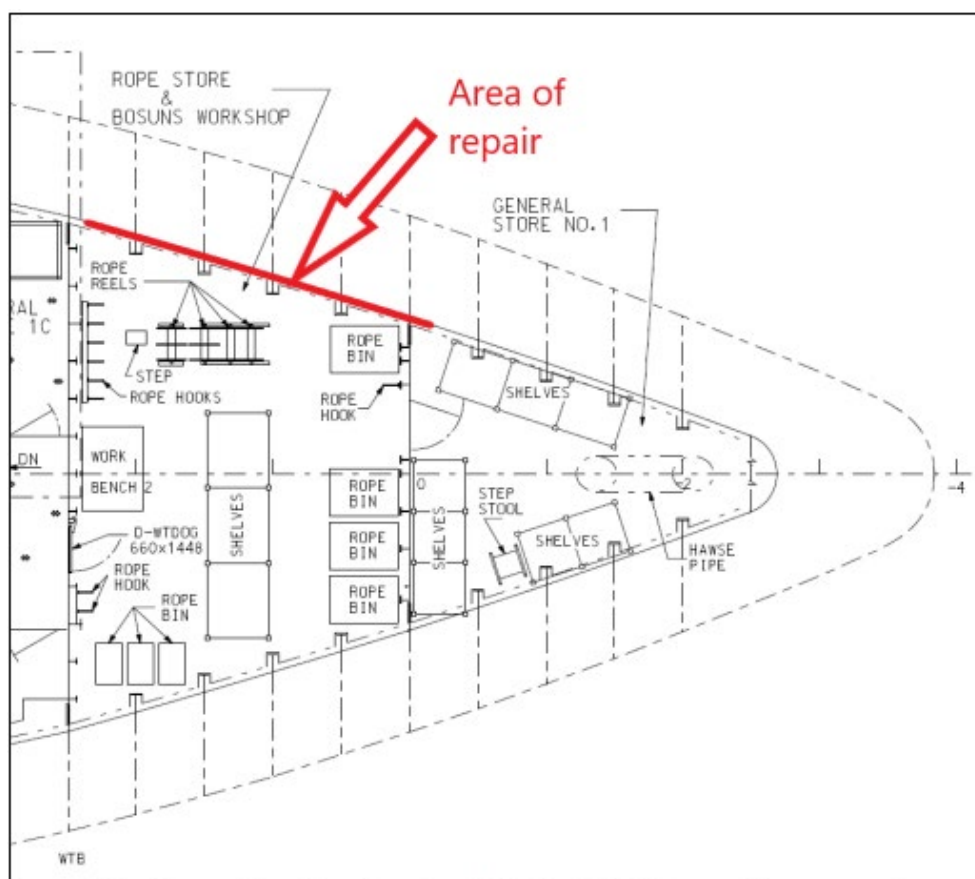
pervisor Joe Whalen quickly took the lead on organizing and coordinating repairs between our two shifts with all of the different shops and Project Leaders involved.

To ensure the repair progressed in the most efficient manner, Joe recommended to cut out complete sections of plate and longitudinal rather than trying to salvage short sections of longitudinal. This would mean cutting and fitting longer sections of steel, but it also meant significant time savings by not having to cut the attachment welds between the shell plating and the frames away; followed by significant efforts to grind the edge of the frames in preparation for welding. The decision to install completely new longitudinals saved significant prep time and many labour hours. This change in approach to the repair, combined with working in two shifts, proved vital in shortening the duration of the repair.

The removal of the original shell plating and longitudinals started on

January 20, with all steel removed and new steel welded in ready for x-ray on February 1, approximately two weeks from the start of cutting steel. The replacement of the steel was only a portion of the repair and, as always, significant support was required from Paint, Lagging, and the Sheet Metal Shops to reassemble the compartment once the metal work was completed, in addition to the Cabling, Shipwright and Rigging shops, as well as FMFCS Contracts Overseer support.

The repair of HMCS *Halifax*'s shell plating and longitudinals was a significant project that involved 11 shops and expended 1,907 hours of labour, plus incorporated support from the FMF Cape Scott Contracts section to build the hanging scaffold. The project ran extremely well, largely due to the leadership of the supervisors and the great team work between the shops, complimented by excellent contract support. Well done to the entire team!



Plan View – taken from Drawing D28-561-000-01 General Arrangement



Hull Plating, FR 0 to FR 2.5, Mezzanine deck, Port



Longitudinal 27 – holed sections





Future HMCS *Max Bernays* badge unveiled

By Joanie Veitch,
Trident Staff



The ship's badge for the future HMCS *Max Bernays* was unveiled during a ceremony on March 30.

CPL CHERYL CLARK

The unveiling of a ship's badge is an important step in the timeline of that vessel — for the future HMCS *Max Bernays* it also marks a milestone in the Arctic Offshore Patrol Ship (AOPS) program.

"This is an occasion to celebrate the first Arctic Offshore Patrol Vessel (AOPV) that will be homeported in Esquimalt, BC," said Capt (N) Sheldon Gillis, Deputy Commander, Canadian Fleet Atlantic, speaking to the ship's crew at a ceremony in Halifax on March 30.

Coxswain of HMCS *Assiniboine* during the Second World War. On August 6, 1942, during an intense battle with a German submarine, CPO Bernays ordered two junior telegraph officers to clear before taking the helm.

Surrounded by smoke and fire, CPO Bernays single-handedly steered the ship and dispatched orders to the engine room, eventually managing to ram and sink the U-boat — receiving the Conspicuous Gallantry Medal for his courage.

"The name Max Bernays in our Navy is directly associated with the character traits that led the allies to victory at sea... Personal courage, loyalty and integrity, all qualities Max Bernays demonstrated so valiantly under fire from an enemy submarine in 1942," said Capt (N) Gillis.

While family members of Max Bernays watched as the ceremony was streamed online, a letter written by his granddaughter

was shared as part of the ceremony.

"We are a Navy family. Max's son, Max Bernays Jr, continued the naval tradition and joined at 17," wrote Shannon Bernays.

"Grandpa always said that the Navy ran in his blood. We know that both of them would have been overjoyed to see the ship and meet her crew. They

are undoubtedly watching down filled with pride and excitement... It is our hope that his legacy will serve as an inspiration for years to come. Our family cannot wait to see the ship and visit her crew. It will be a great honour to personally thank them for all they do for Canada."

Commander Collin Forsberg, Commanding Officer of the future HMCS *Max Bernays*, thanked the crews of HMCS *Harry DeWolf* and HMCS *Margaret Brooke* for sharing their knowledge of the Harry DeWolf-class vessels as the future HMCS *Max Bernays* crew familiarizes themselves with the ship's systems and equipment in the lead-up to delivery.

"We're working on departmental checklists, standard operating procedures and, of course, working on building up our supplies to be ready to sail the ship," he said.

Prior to the presentation of the bad-

ges, CPO1 Tari Lightwood, the ship's Coxswain, explained the symbolism in the patch design.

Elements include a red ship's wheel, in homage to the courage CPO Bernays showed in taking the wheel of HMCS *Assiniboine* while under fire, and a laurel wreath, as the image of a wreath appears in the Conspicuous Gallantry Medal he received, as well as the hat badge he wore as Acting Chief Petty Officer.

The colours have significance also, explained CPO1 Lightwood. The red in the image of the ships represent the flames that surrounded the bridge and wheelhouse, and the white and blue of the laurel wreath are the colours of the ribbon of the medal.

"The white background refers to the Arctic environment in which HMCS *Max Bernays* will operate," she said.

The future HMCS *Max Bernays* — the third in the Harry DeWolf-class — was built and launched by Irving Shipbuilding on October 23, 2021 in Halifax. Delivery of the ship to the Royal Canadian Navy is expected later this year.



Members of the crew of the future HMCS *Max Bernays* received their new badges from Commanding Officer Cdr Collin Forsberg.

CPL CHERYL CLARK

"Although you will bring the future HMCS *Max Bernays* to life here in the Atlantic, you will prove her ready for operations in all of Canada's oceans and bring *Max Bernays* to her homeport in British Columbia in 2023."

Acting Chief Petty Officer Max Bernays was a member of the Royal Canadian Naval Reserve who served as

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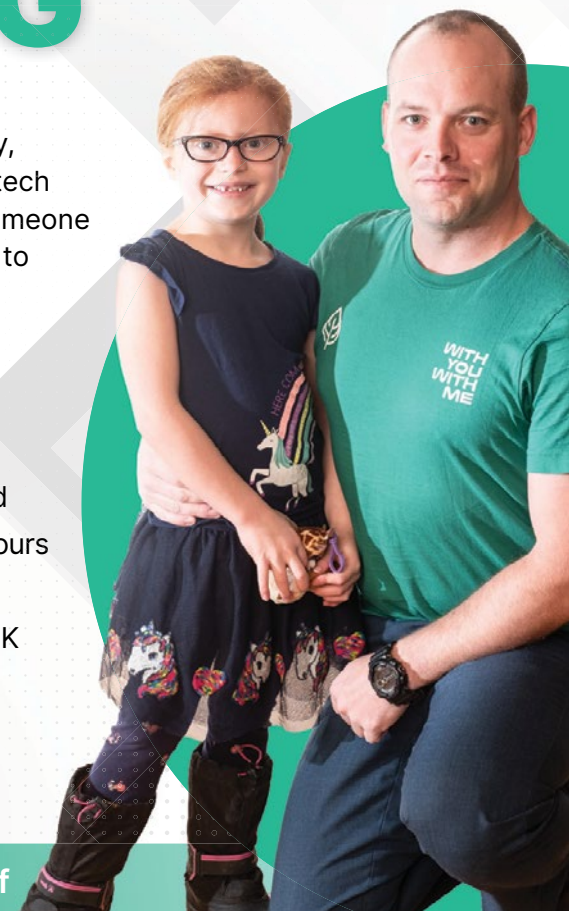
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HMCS *Yellowknife* seizes and destroys 800kg of illicit drugs

By HMCS *Yellowknife*

Just two weeks into their deployment on Operation Caribe, HMCS *Yellowknife* and crew, with its embarked United States Coast Guard Law Enforcement Detachment (LE-DET), interdicted a go-fast vessel carrying approximately 800 kilograms of cocaine.

The operation is Canada's contribution to the U.S. led enhanced counter-narcotics mission Operation Martillo in the Eastern Pacific Ocean. It involves the Royal Canadian Navy working in coordination with international partners, including the United States, Mexico, and other Central American nations, to search, seize, and destroy illicit narcotics.

On the afternoon of March 6, *Yellowknife* was vectored toward a target go-fast vessel that was stopped and taking on water. As they approached the search area, a junior lookout on the Gun Deck spotted the target go-fast approximately 8.5 nautical miles away. *Yellowknife* immediately transitioned from a normal at-sea routine to a sustained all-hands effort.

RHIB coxswains and the LEDET began dressing in their protective gear, and conducted communications checks with the bridge, as other sailors prepared to launch the RHIBs. The cooks jumped into action by preparing food and water for the boarding teams, as these operations often take multiple hours. At every level, the crew were engaged in tasks critical to mission success.

Once the initial boarding of the go-fast was completed, and under the control of the U.S. Coast Guard, the LEDET members began their intensive search of the interior to locate narcotics. A false deck was identified, filled with an estimated 800 kilograms of cocaine. By this time night was fast



Members of HMCS *Yellowknife* worked alongside members of the United States Coast Guard Law Enforcement Detachment during a search of a seized go-fast while on Operation Caribe on March 6.

PO1 RICHARD, US COAST GUARD DISTRICT 11 PAD

approaching, which added a layer of difficulty for those involved.

Once the LEDET was satisfied with the amount of evidence collected, the decision was made to sink the go-fast as it posed a hazard to navigation. In order to properly dispose of this hazard, and the remaining narcotics that could not be seized, the decision was made to use plastic explosives to sink the vessel.

In almost complete darkness, members of the Deck Department surveyed the go-fast, taking measurements to ensure the accurate placement of the plastic explosive charges. Once the survey was completed, and the area

cleared of marine life, the charges were carefully laid, and then set. The ensuing explosion decimated the go-fast, and turned night into day for a few seconds.

After detonation, the crew surveyed the area to verify no hazards to navigation remained. Once the all-clear was given by the surveyors, *Yellowknife* returned to patrolling the vast Eastern Pacific Ocean.

Alongside HMCS *Saskatoon* and partner nations, HMCS *Yellowknife* and crew remain in the Eastern Pacific, on the hunt to suppress the flow of illicit-narcotics into North and Central America.

HMCS *Harry DeWolf* readies for Operation Caribe

Crewmembers come alongside HMCS *Harry DeWolf* during a person-overboard drill while on route to participate in Operation Caribe on April 5. The ship left Halifax on April 4, and will soon join United States Coast Guard partners in the South-Eastern Pacific to contribute to counter-narcotic activities.

CAF PHOTO





Apology to No. 2 Construction Battalion set for July

By Joanie Veitch,
Trident Staff

In an event coordinated with the Black Cultural Centre for Nova Scotia, the federal government recently reaffirmed its commitment to apologize for the treatment of the members of the No. 2 Construction Battalion, Canada's only all-Black unit, during the First World War.

"Today is an important step to address this historical wrong and to ensure that we learn from the past so that we build a more equitable and just future for the members of our Canadian Armed Forces," said Anita Anand, Minister of National Defence, via Zoom link.

When the First World War broke out in 1914, Black men across the country responded to the call but were turned away by recruiters. They persisted and finally, on July 5, 1916, the No. 2 Construction Battalion was established in Pictou, NS, before being transferred to Truro.

More than 600 Black men volunteered for service — with about 300 from Nova Scotia and the rest from

other parts of Canada, the United States and even some from the British West Indies.

In his remarks, Russell Grosse, executive director of the Black Cultural Centre, paid tribute to the research and work done by the late Calvin Ruck, who in 1986 published Canada's Black Battalion: No. 2 Construction, 1916 - 1920, and the late Captain (ret'd) George Borden, for his work in advocating for recognition of the battalion.

"The story of the No. 2 Construction Battalion is a story of resilience, pride and honour that was unfortunately marred by the effects of racial discrimination," he said.

Over the past year a National Apology Advisory Committee, created by the Black Cultural Centre in partnership with the government, has held a series of consultations in an effort to engage with as many descendants as possible. The committee involves people from across the country — including descendants of the No. 2 Construction Battalion.

While the apology is an important step forward, Douglas Ruck, son of Calvin Ruck and a member of the National Apology Advisory Committee, said what happens next is equally important.

"That's the unknown," he said, adding that if the apology is not followed by "substantive actions" then the words — despite the best of intentions — will have no meaning.

"Not only is it time for the men of the battalion and their descendants to receive an apology, it's time that changes take place. We heard the Minister's commitment to reforming, restructuring and improving... the Canadian Armed Forces, the time is here to make sure that happens," said Ruck.

At an earlier online event, held in recognition of the International Day for the Elimination of Racial Discrimination and hosted by the MARLANT Defence Visible Minority Advisory Group (DVMAG), Anthony Sherwood was featured as guest speaker.

An actor and activist, Sherwood can trace his roots in Nova Scotia back to the late 1700s and is a member of the National Apology Advisory Committee.

Sherwood's great uncle, Reverend William Andrew White, spearheaded the movement to allow Blacks to enlist and eventually became chaplain of the No. 2 Construction Battalion.

When Sherwood read the diary his great uncle kept during the war, it inspired him to create Honour Before Glory, a film about the No. 2 Construction Battalion which he produced in 2001.

In 2016, in honour of the 100th anniversary of the formation of the No. 2 Construction Battalion, Sherwood wrote and produced The Colour of Courage, based on a story from his great uncle's war diary.

The official apology to the members of the No. 2 Construction Battalion, and their descendants, will take place on July 9 in Truro, N.S.

Des excuses seront présentées au 2e Bataillon de construction en juillet

Par Joanie Veitch,
Équipe du Trident

Lors d'une activité coordonnée avec le Black Cultural Centre for Nova Scotia, le gouvernement fédéral a récemment réitéré son intention de présenter des excuses pour le traitement réservé aux membres du 2e Bataillon de construction, la seule unité composée uniquement de Noirs au Canada, pendant la Première Guerre mondiale.

« Nous avançons aujourd'hui d'un grand pas dans notre cheminement visant à réparer cette injustice de l'histoire et à tirer des leçons du passé afin de construire un avenir plus équitable et plus juste pour les membres de nos Forces armées canadiennes », a déclaré Anita Anand, ministre de la Défense nationale, sur Zoom.

Lorsque la Première Guerre mondiale a éclaté en 1914, des Noirs de partout au pays ont répondu à l'appel, mais ont été refusés par les recruteurs. Ils n'ont pas renoncé pour autant et finalement, le 5 juillet 1916, le 2e Bataillon de construction a été mis sur pied à Pictou, en Nouvelle-Écosse, avant d'être transféré à Truro.

Plus de 600 hommes noirs se sont portés volontaires pour servir pendant la guerre, dont environ 300 de la Nouvelle-Écosse, les autres venant d'autres régions du Canada, des États-Unis et même des Antilles britanniques.

Dans son allocution, Russell Grosse, directeur exécutif du Black Cultural Centre, a salué les recherches et le travail de feu Calvin Ruck, qui a publié en 1986 Canada's Black Battalion: No. 2 Construction, 1916 - 1920, et le travail accompli par feu le capitaine

(retraité) George Borden, qui a appelé à la reconnaissance du bataillon.

« L'histoire du 2e Bataillon de construction est celle d'une résilience, d'une fierté et d'un honneur malheureusement entachés par les effets de la discrimination raciale », a-t-il déclaré.

Au cours de la dernière année, un comité consultatif national sur les excuses, mis sur pied par le Black Cultural Centre en partenariat avec le gouvernement, a organisé une série de consultations dans le but de discuter avec le plus grand nombre possible de descendants. Le comité regroupe des personnes de tout le pays, y compris des descendants des membres du 2e Bataillon de construction.

Si les excuses constituent un pas en avant important, Douglas Ruck, fils de Calvin Ruck et membre du comité consultatif national sur les excuses, a déclaré que la suite des choses était tout aussi importante.

« C'est l'inconnu », a-t-il précisé, ajoutant que si les excuses ne sont pas accompagnées « de gestes concrets », les mots, malgré la bonne volonté de ceux qui les ont prononcés, resteront lettre morte.

« Il est temps non seulement que les hommes du bataillon et leurs descendants reçoivent des excuses, mais aussi que des changements aient lieu. Nous avons entendu la ministre parler de la volonté de réformer, de restructurer et d'améliorer... les Forces armées canadiennes, le moment est venu de veiller à ce que cela se produise », a affirmé M. Ruck.

Anthony Sherwood a été invité à

titre de conférencier à une activité virtuelle tenue à une date antérieure à l'occasion de la Journée internationale pour l'élimination de la discrimination raciale et organisée par le Groupe consultatif des minorités visibles de la Défense (GCMVD) des FMAR(A).

Acteur et militant, M. Sherwood, dont les racines en Nouvelle-Écosse remontent à la fin des années 1700, est membre du comité consultatif national sur les excuses.

Le grand-oncle de M. Sherwood, le révérend William Andrew White, a été le fer de lance du mouvement visant à permettre aux Noirs de s'enrôler et a fini par devenir l'aumônier du 2e bataillon de construction.

La lecture du journal que son grand-oncle a tenu pendant la guerre a inspiré à M. Sherwood la création de Honour Before Glory (l'honneur avant la gloire), un film sur le 2e Bataillon de construction qu'il a réalisé en 2001.

En 2016, à l'occasion du 100e anniversaire de la mise sur pied du 2e Bataillon de construction, M.

Sherwood a écrit et réalisé The Colour of Courage (la couleur du courage), basé sur une histoire tirée du journal de guerre de son grand-oncle.

Des excuses officielles seront présentées aux membres du 2e Bataillon de construction et à leurs descendants le 9 juillet à Truro, en Nouvelle-Écosse.



Anthony Sherwood was a guest speaker at an online event held in recognition of the International Day for the Elimination of Racial Discrimination and hosted by the MARLANT Defence Visible Minority Advisory Group (DVMAG). Pictured on the right is DVMAG co-chair Rene Gannon.

Anthony Sherwood a été invité à titre de conférencier à une activité virtuelle organisée par le Groupe consultatif des minorités visibles de la Défense (GCMVD) à l'occasion de la Journée internationale pour l'élimination de la discrimination raciale. À droite, sur la photo, le coprésident du GCMVD, Rene Gannon.



From soccer to sailing: *Moncton* and *Goose Bay* proud of West African deployment

By RCN

From soccer games to sailing, crew members from Her Majesty's Canadian Ships (HMCS) *Moncton* and *Goose Bay* are proudly promoting maritime safety and security in West Africa, building relationships everywhere along the way.

The Kingston-class ships are currently working alongside partners and allies on Operation Projection West Africa and Exercise Obangame Express 22.

The mission includes strategic engagements with allies and regional nations, fostering relationships in maritime security. It aims to build on the Royal Canadian Navy's ability to demonstrate to partner nations its readiness to effectively respond to a wide range of security threats, both abroad and at home.

But the sailors also take pride in giving back to local communities while in port, including playing the occasional soccer game with children.

"I have been waiting to do this deployment for five years," said S1 Curtis Skinner, a Marine Technician aboard HMCS *Moncton* who has served 10 years in the Canadian Armed Forces, including six deploy-

ments. His current mission with HMCS *Moncton* marks his first to Africa.

"I wanted to see Africa," he said. "Getting the opportunity to play soccer with local kids in Tema, Ghana, was an amazing experience. To see the happiness we brought to the children with something as simple as a pick-up game of soccer is the memory I'll keep with me from this deployment."

Some sailors have been here before, including S1 Chris Wannamaker, also serving in HMCS *Moncton*. With nine years of service, including three deployments to Africa, he welcomes the opportunity to work with allies and partners in the Gulf of Guinea region.

"Before I joined the RCN, I never had the opportunity to visit a continent like Africa," said S1 Wannamaker. "Working alongside other nations to help promote security is not something that a lot of people get to do, so I'm extremely grateful for the experience."

Both ships participated in Obangame Express, conducting maritime interdiction operations, as well as practicing visiting, boarding, searching and seizure techniques with



Members of the Côte d'Ivoire Military conduct a simulated narcotics search aboard HMCS *Moncton* during Exercise Obangame Express as part of Operation Projection, off the coast of West Africa on March 14, 2022.

Des membres du milieu militaire de la Côte d'Ivoire effectuent une simulation de recherche de stupéfiants à bord du NCSM *Moncton* pendant l'exercice Obangame Express dans le cadre de l'opération Projection, au large des côtes de l'Afrique de l'Ouest, le 14 mars 2022.

CPL JACLYN BUELL

partners and allies. The exercise was led by U.S. Naval Forces Africa and is designed to improve cooperation amongst participating nations.

SLt Kathleen Wudrick can attest to how busy *Goose Bay* was during the exercise.

"On our first day, we were stationed off the coast of Benin in West Africa," said SLt Wudrick. "*Goose Bay* was role-playing as a vessel smuggling oil. The Benin Navy came to our location, conducted a hailing exercise and eventually boarded us, searching for smuggled goods, which in this case was oil."

The second day of the exercise saw *Goose Bay* stationed off the coast of Ghana where the Ghanaian Navy conducted boarding exercises, with one of its helicopters assisting.

In other missions, *Moncton* served as a target ship while helping the Togolese Navy simulate a human trafficking vessel boarding, while *Goose Bay* worked with the Nigerian Navy to develop a greater knowledge and understanding of operating conditions within the Gulf of Guinea region.

"I was very impressed with the professionalism and seamanship shown by the Nigerian Navy when we conducted a fleet manoeuvring

exercise with them," said S1 Cedric Meehan. "The Nigerians were on the ball, and the manoeuvring went off without a hitch, finishing with all the ships involved manning the rails and cheering each ship on as we conducted a sail past."

Moncton and *Goose Bay* also worked closely with the Ghanaian Navy on numerous other exercises, helping to strengthen ties and improve their ability to successfully work together on multinational operations and missions.

During their time in the region, the ships will also conduct cooperative deployments with partner navies, including Italy, Denmark and the United States.

HMCS *Moncton* recently trained alongside the Italian Naval Vessel Luigi Rizzo, where the crew conducted a passing exercise using light signals communications, sailing in close proximity to one another to enhance naval cooperation.

In addition to the Kingston-class ships deployed, there is a shore-based contingent conducting training and capacity-building through CAF liaison officers, a Naval Tactical Operations Group, and a Maritime Operations Centre mentorship team.

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Depuis des matchs de soccer jusqu'à la navigation : Le *Moncton* et le *Goose Bay* sont fiers de leur déploiement en Afrique de l'Ouest

Par MRC

Depuis des matchs de soccer jusqu'à la navigation, les membres d'équipage des navires canadiens de Sa Majesté (NCSM) *Moncton* et *Goose Bay* sont fiers de promouvoir la sécurité et la sûreté maritimes en Afrique de l'Ouest, et établissent des relations partout en chemin.

Ces navires de la classe Kingston travaillent actuellement aux côtés de partenaires et d'alliés dans le cadre de l'opération Projection - Afrique de l'Ouest et de l'exercice Obangame Express 22.

La mission comprend des engagements stratégiques avec des alliés et des pays régionaux, tout en favorisant les relations en matière de sécurité maritime. Elle vise à renforcer la capacité de la Marine royale canadienne (MRC) de démontrer aux pays partenaires qu'elle est prête à réagir efficacement à un large éventail de menaces pour la sécurité, tant à l'étranger qu'au pays.

Les marins sont toutefois également fiers de redonner aux collectivités locales lorsqu'ils sont aux ports, y compris en jouant occasionnellement au soccer avec des enfants.

« J'attends ce déploiement depuis cinq ans », a déclaré le matelot de 1re classe (Mat 1) Curtis Skinner, un technicien de marine à bord du NCSM *Moncton* qui a servi pendant dix ans dans les Forces armées canadiennes (FAC), dont six déploiements. Sa mission actuelle à bord du NCSM *Monc-*

ton est sa première en Afrique.

« Je voulais voir l'Afrique, a-t-il déclaré. Avoir l'occasion de jouer au soccer avec des enfants locaux à Tema, au Ghana, a été une expérience extraordinaire. Voir le bonheur que nous avons apporté aux enfants avec quelque chose d'aussi simple qu'une partie de soccer improvisée est le souvenir que je garderai de ce déploiement. »

Certains marins sont déjà venus ici, notamment le Mat 1 Chris Wannamaker, qui sert également à bord du NCSM *Moncton*. Avec neuf ans de service, dont trois déploiements en Afrique, il se réjouit de pouvoir collaborer avec des alliés et des partenaires dans la région du golfe de Guinée.

« Avant de me joindre à la MRC, je n'avais jamais eu l'occasion de visiter un continent comme l'Afrique, a déclaré le Mat 1 Wannamaker. Collaborer aux côtés d'autres pays afin d'aider à promouvoir la sécurité n'est pas quelque chose que beaucoup de gens ont l'occasion de faire, alors je suis extrêmement reconnaissant de cette expérience. »

Les deux navires ont participé à Obangame Express, où ils ont mené des opérations de lutte maritime et pratiqué des techniques de visite, d'arraisonnement, de fouille et de saisie avec des partenaires et des alliés. L'exercice, dirigé par les forces navales américaines en Afrique, est conçu pour améliorer la collaboration entre les pays participants.

L'enseigne de vaisseau de 1re classe (Ens 1) Kathleen Wudrick peut déclarer à quel point le *Goose Bay* était occupé durant l'exercice.

« Le premier jour, nous étions stationnés au large des côtes du Bénin, en Afrique de l'Ouest, a expliqué l'Ens 1 Wudrick. Le *Goose Bay* jouait le rôle d'un navire de contrebande de pétrole. La Marine béninoise s'est rendue à notre position, a effectué un exercice d'interpellation et a fini par nous arraisonner, à la recherche de marchandises de contrebande, en l'occurrence du pétrole. »

Le deuxième jour de l'exercice, le *Goose Bay* a été stationné au large des côtes du Ghana où la Marine ghanéenne a effectué des exercices d'arraisonnement, avec l'aide d'un de ses hélicoptères.

Dans d'autres missions, le *Moncton* a servi de navire cible tout en aidant la Marine togolaise à simuler l'arraisonnement d'un navire de trafic de personnes, tandis que le *Goose Bay* a collaboré avec la Marine nigériane pour acquérir une meilleure connaissance et compréhension des conditions de fonctionnement dans la région du golfe de Guinée.

« J'ai été très impressionné par le professionnalisme et le matelotage dont a fait preuve la Marine nigériane lorsque nous avons effectué un exercice de manœuvre de flotte avec elle, a déclaré le Mat 1 Cedric Meehan. Les Nigériens étaient à la hauteur, et la

manœuvre s'est déroulée sans accroc, tout en terminant avec l'équipage de tous les navires concernés rassemblé sur le pont et encourageant chaque navire alors que nous effectuions un défilé. »

Le *Moncton* et le *Goose Bay* ont également travaillé en étroite collaboration avec la Marine ghanéenne dans le cadre de nombreux autres exercices, et ont ainsi contribué à renforcer les liens et à améliorer leur capacité de collaborer avec succès dans le cadre d'opérations et de missions multinationales.

Pendant leur séjour dans la région, les navires effectueront également des déploiements en coopération avec des marines partenaires, y compris celles de l'Italie, du Danemark et des États-Unis.

Le NCSM *Moncton* s'est récemment entraîné aux côtés du navire militaire italien Luigi Rizzo, où l'équipage a effectué un exercice de passage en utilisant les communications par signaux lumineux, tout en naviguant à proximité l'un de l'autre pour améliorer la coopération navale.

En plus des navires de la classe Kingston déployés, un contingent à terre effectue de l'instruction et le renforcement des capacités par l'entremise d'officiers de liaison des FAC, d'un Groupe des opérations tactiques maritimes et d'une équipe de mentorat d'un Centre des opérations maritimes.



Padre's Corner: Looking forward as we commemorate the past

By Padre Capt (Rabbi Dr) Noteh Glogauer, Fleet Chaplain

Every year, the first Sunday in May is set aside to commemorate the sacrifice of those who served in the Royal Canadian Navy, the Royal Canadian Air Force, and the Canadian Merchant Navy during the Battle of the Atlantic; the longest battle of the Second World War. Our RCN played a vital role escorting large Merchant Navy convoys ferrying critical supplies between North America and the United Kingdom. In a short time, the RCN grew from a mere 13 vessels to nearly 400, with the courage and dedication of 100,000 uniformed women and men. The RCN losses were significant, with more than 2,200 fatalities and 30 vessels. More than 900 RCAF and Canadian Army personnel were also lost.

Military commemorative services are formal events aimed at reminding

us of the heroic sacrifices associated with the atrocities of the war. They are significant reminders of the selfless contributions made to Canadian history by our service members over the span of our country's youthful narrative. One is forced to confront the continuing dangers placed upon those who take the oath of service before self, both from the rigours of military training and from violence of the enemy.

The act of remembering recurs throughout our lives. Our calendars are full of remembrances from our past, like birthdays, anniversaries, and achieved personal milestones. To grow and strengthen our resolve through the challenges life has to offer, it is insufficient to be content to mark only our happy memories

of past triumphs and prior positive milestones.

Let us acknowledge how our collective memories of the past shape us as a nation today and guide our mission to build a better world. Our memories of the struggles of war and those lost should remind us of the purpose of life and the importance of treating all people with dignity.

Set some time aside on Sunday, May 1, 2022 to remember the sacrifices of the thousands of Canadians who fought valiantly during the Battle of the Atlantic from 1939 to 1945.

By doing so, we collectively commemorate the past with the purpose of bettering the present and the future. Let us not live in a state of passivity about the past that has shaped today's world, but in a state of memory and



An example of a typical convoy at sea during the Battle of the Atlantic.

CPL CHERYL CLARK

purposefulness that inspires us to make our beloved country and our world better places for ourselves, our children and our children's children.



Face of Base: Christian Cowper

By Shalini Deshwal,
CFB Halifax

We are pleased to introduce this week's Face of Base – Christian (Kit) Cowper, a student intern with the Naval Museum of Halifax!

Hailing from Bristol, England, Kit did his undergrad at Trinity College Dublin and now attends Saint Mary's University Halifax where he is completing a Masters in History.

As a student intern at the Naval Museum, Christian is responsible for the new display on Bruce Hewitt, a Second World War veteran who served in the Battle of the Atlantic and on D-Day, before rejoining in 1952 and serving for 20 years. Kit has been working at the museum for a month and a half and has loved the experience. Christian says, "It's been really inspiring seeing all the history on show here."

The highlight of his time at CFB Halifax has been experiencing the museum facility (Admiralty House) itself, which he believes is one of the most beautiful buildings that he has seen in Halifax. Kit believes that just by being in this historical building, one can imagine the British admirals staring out to sea and eyeing the various ships in the harbour. Kit says he's also loved the people he's met while working here, especially his museum colleagues Guy, Jennifer and

Kyle who have been incredibly helpful to him.

Some fun facts about Kit? His family has no naval background, although his father is a huge fan of Patrick O'Brien's novels; when his father retired, he read all the twenty-something books in about two months! Another fun fact is that Christian was assigned to the Naval Museum of Halifax while he is on his Public History course at SMU.

Thank you, Christian, for the amazing work you have done at the museum. We wish you well in your continued studies at SMU and hope you enjoy your time in Halifax!!



Christian Cowper.

CFB HALIFAX/BFC HALIFAX

Gens de la Base: Christian Cowper

Par Shalini Deshwal,
BFC Halifax

Nous sommes heureux de présenter le membre des Gens de la Base de cette semaine – Christian (Kit) Cowper, un étudiant stagiaire au Musée naval d'Halifax!!

Originaire de Bristol, en Angleterre, Kit a fait ses études de premier cycle au Collège Trinity de Dublin et fréquente maintenant l'Université St. Mary où il étudie pour obtenir sa maîtrise en histoire.

En tant qu'étudiant stagiaire au Musée naval d'Halifax, Christian est

responsable de la nouvelle exposition sur Bruce Hewitt, un vétérinaire de la Seconde Guerre Mondiale qui a servi durant la bataille de l'Atlantique et le jour du J, avant de s'enrôler en 1952 et de servir pendant 20 ans! Kit travaille au musée depuis un mois et demi et a adoré l'expérience. Christian déclare

: « C'est vraiment inspirant de voir toute l'histoire exposée ici ».

Le fait saillant de son séjour à la BFC Halifax a été l'expérience du musée lui-même (Édifice de l'Amirauté), qui est selon lui l'un des plus beaux bâtiments qu'il a vus à Halifax. Kit pense que le simple fait de se trouver dans ce bâtiment historique permet d'imaginer les amiraux britanniques regardant la mer et les divers navires dans le port. Kit a également adoré les personnes qu'il a rencontrées en travaillant ici, en particulier ses collègues du musée, Guy, Jennifer et Kyle, qui lui ont été d'une aide incroyablement précieuse.

Quelques faits amusants sur Kit? Sa famille n'a pas d'antécédents dans la Marine, mais son père est un grand amateur des romans de Patrick O'Brien; lorsque son père a pris sa retraite, il a lu la vingtaine de livres en deux mois environ! Autre fait amusant, Christian a été affecté au Musée naval d'Halifax pendant son cours d'histoire publique à l'USM!

Merci, Christian, pour l'incroyable travail que tu as accompli au musée! Nous te souhaitons bonne chance dans la poursuite de tes études à l'USM et nous espérons que tu profiteras de ton séjour à Halifax!

Raising a glass to HMCS *Halifax*: Brewer supplies frigate with its own special brew

By Joanie Veitch,
Trident Staff

When Her Majesty's Canadian Ship *Halifax* left Halifax on March 19 to join Standing NATO Maritime Group 1 in northern Europe, the ship's crew had a little something extra onboard — a hundred cases of beer brewed especially for them.

Garrison Brewing Co., one of Nova Scotia's first craft breweries, made a batch of ale called Ever Brave for the crew of HMCS *Halifax* prior to their departure, with proceeds from the sale of the beer going to the Halifax & Region Military Family Resource Centre.

The idea for a special brew came from the ship's company reaching out to Garrison, said Meg Brennan, director of sales with Garrison Brewing, adding that while Garrison regularly supplies beer to ship's crews, this was the first time they've been asked to brew an exclusive batch.

"It was great to be able to show our support for the crew as they left on their mission to support NATO in the Baltic Region," she said.

Similar to Garrison's Tall Ship beer, Ever Brave is an East Coast ale with an easygoing style. At 4.5 per cent ABV (alcohol by volume), it's also relatively low in alcohol. The can design depicts the ship's crest superimposed over a stormy sea.

"We worked with the crew on the design and the style... it was a fun project," Brennan said.

While the original plan was for the beer to be a "one-off" brew for the crew and their mission in support of Operation Reassurance, NATO's deterrence measures against Russian aggression, after posting about the beer on their social media, Garrison is "actively pursuing" the possibility of brewing another batch or two.

"We had a ton of people reach out, wanting to buy it. It generated a lot of interest from the community, as well as family and friends of those onboard the ship. It really has been incredible... it has been daily ever since the ship sailed in March," Brennan said.

If they get the go-ahead to brew some more, it will be sold through Garrison Brewing's online store, with a dollar from the purchase of each can going to the H&R MFRC and the many programs they offer in support of military families, Brennan added.

Garrison Brewing was started in 1997 by Brian Titus, now president and general manager of the company, Titus was a former fleet diver in the Royal Canadian Navy.



Cans of Ever Brave beer, brewed specially for HMCS *Halifax* by Nova Scotia's Garrison Brewing Co.

SUBMITTED



Update on Military Justice System Evolution

By DND



Col Dylan Kerr, Director of Military Prosecutions.

DND

If you have been following the news around the Canadian Armed Forces (CAF) lately, you will probably have heard about continued and upcoming changes to the Military Justice System (MJS). An

Act to Amend the National Defence Act (formerly Bill C-77) is aiming at the continued evolution of the MJS. Part of this evolution is the inclusion of the Declaration of Victims Rights (DVR) in the National Defence Act (NDA), enshrining enhanced protections for victims of service offences. More positive changes are coming, and the future implementation of the remaining provisions of Bill C-77 – shaped by the recommendations of two former Supreme Court Justices, the Honourable Morris Fish and the Honourable Louise Arbour – is aligned with the broader CAF reformation of culture and codes of professional conduct.

Many of these changes will target CAF courts martial, the prosecution of which is conducted by the Canadian

Military Prosecution Service (CMPS). The CMPS is led by the Director of Military Prosecutions (DMP), Colonel Dylan Kerr. Key among the most recent changes is that civilian authorities will be given precedence with respect to the investigation and prosecution of sexual offences, at least until the pending DVR is introduced and the final report of Madame Arbour is received.

This important change responds specifically to an interim recommendation made by Madame Arbour, which was accepted by the Minister of National Defence (MND). In early November, Col Kerr and the Canadian Forces Provost Marshal (CFPM), Brigadier-General Simon Trudeau – each independent actors within the MJS – issued a joint statement accepting the recommendation and announcing its interim implementation. Both Col Kerr and BGen Trudeau have communicated that this change seeks to improve public confidence in the MJS.

During a time of significant change to the MJS, Col Kerr is enthusiastic to share his thoughtful perspective as DMP. He believes that public confidence would benefit from a better understanding of the system itself. Despite a public narrative of the MJS as an archaic system that is failing victims, he clarifies that the MJS is robust, fair and constantly evolving to meet the needs of the CAF and the Canadian public. He highlights that the substantial CAF efforts toward the implementation of the independent,

expert recommendations should go a long way towards restoring public confidence in the MJS.

Col Kerr emphasizes that much work has already been done to improve the MJS. For example, he noted that the CMPS independently enshrined victims' rights into its policy in 2018 in response to the Honourable Marie Deschamps' report and the implementation of the Canadian Victims Bill of Rights in the criminal justice system. The pending DVR is not expected to impose significant change to CMPS practice; rather, it will adopt the rights already respected by military prosecutors into law, placing them on the same footing as in the criminal justice system. He clarifies that Defence Team members have always had the right to report allegations of sexual offences to civilian authorities, and that concurrent jurisdiction between the military and criminal justice systems over these offences has existed in Canada since 1998. He adds that most victims whose cases were already proceeding within the MJS before the DMP and the CFPM implemented Madame Arbour's recommendation have expressed a desire for the case to continue within the MJS, rather than have the matter proceed through the civilian criminal courts.

Col Kerr believes that this is an expression of the general trust that CAF members have in the MJS – a trust that he feels is well justified. He recognizes, however, that no system is

perfect, and that the MJS must continue to evolve. For example, he acknowledges that there is a gap in the MJS's ability to prosecute the CAF's most senior leadership, and that this can give the impression of two different tiers of justice. Now that this has been brought to light, and with the assistance of Mr. Fish's recommendations in this regard, Col Kerr is confident that the MJS will evolve to address this problem. The Office of the Judge Advocate General (OJAG) is presently engaged in that very evolution. Moving forward, one of Col Kerr's steadfast goals as DMP continues to be improving the transparency and public awareness of the MJS.

Determined about the need to correct misunderstandings and educate about the MJS, both within the Defence Team and beyond, Col Kerr believes that "public education is a huge and necessary part of how we move forward. No system is perfect, but CAF members and Canadians should feel confident in a MJS comprised of competent professionals who are fully capable of investigating and responding to allegations of criminal and disciplinary offences. The continuous evolution of any justice system is critical to its success, but of equal importance is ensuring to not conflate areas for improvement with systemic failure. We have an excellent system that is only getting better."

Change of Command for CAF Transition Group



Canadian Armed Forces Transition Group Nova Scotia/Newfoundland's Outgoing Commanding Officer, Commander Helga Budden (left), Brigadier-General Dyrالد Cross (centre), and Incoming Commanding Officer, Lieutenant-Colonel Ross Bonnell, prepare to sign certificates during a Change of Command Ceremony held at the Juno Tower Bridge on April 7.

CPL KUZMA

Honours and Awards at 406 Squadron



An Honours and Awards ceremony for 406 Squadron was held at the 12 Wing Aviation Museum on April 8. Cpl Krystel Gélinas and Corporal Jonathan Vincent were each presented with a Lynx of the Quarter award by Lieutenant Colonel David Ferris and Chief Warrant Officer Charles Paquette. [Visit Trident online for the full set of photos and recipients from the ceremony.](#)

CPL MITCHELL PAQUETTE



Unique fundraiser celebrates Indigenous peoples

By Peter Mallet,
The Lookout

A naval officer has launched a unique fundraiser that educates participants from around the world about Canadian Indigenous issues, culture, and art.

Lt(N) Cassandra O'Rourke and their wife Eleni O'Rourke founded Tortoise Tasks last year through their charitable small business Kaskata Key.

Tortoise Tasks is an initiative they set up with a portion of the proceeds going to the National Defence Workplace Charitable Campaigns at CFB Esquimalt, Canadian Forces Recruiting Centre Pacific in Vancouver, and, hopefully, bases nation-wide as people can participate from any community.

Once registered, participants select from 215 tasks – ranging from activities, adventures, and even quests, all with an Indigenous and environmental theme.

"Tortoise Tasks can involve anything from adventure, learning, tranquility, or curiosity into Aboriginal

culture and life," says Lt(N) O'Rourke. "They can range from cleaning up a public park or beach, participating in a smudging ceremony, buying rechargeable batteries, or visiting a totem pole."

The 215 tasks were chosen to honour the number of children whose remains were discovered buried at a former residential school in Kamloops, B.C.

Lt(N) O'Rourke's mother is a member of the Skatin Nations. Their biological grandmother Leona August, whom they never knew, went to a residential school and died before the age of 20. The unfolding residential school tragedy has become a watershed moment in education and understanding about Indigenous people for many Canadians, they say.

"I have a lot of friends and co-workers who express their shame for not knowing more about our [Indigenous] histories and wanting to know how they could help when it came to Indig-

enous issues."

Monies raised through Tortoise Tasks will support projects to establish clean drinking water on reserves, opportunities for Indigenous youth, and organizations that support people impacted by the trauma of residential schools.

Cost to take part in the fundraiser are \$10 for individuals or \$25 for a group. Everyone will be entered into a draw for a Grand Prize vacation to Tigh Na Mara Resort & Spa to be drawn on 15 December.

For more information on how to get involved visit <https://turtleislandnft.squarespace.com/tasks> (discount code is: NDWCC).



Lt(N) Cassandra O'Rourke (right) with their wife Eleni O'Rourke and their mother and father.

La Ltv Cassandra O'Rourke (à droite) et son épouse Eleni O'Rourke, sa mère et son père.

SUBMITTED / SOUMIS

Une collecte de fonds unique pour célébrer les peuples autochtones

Par Peter Mallet,
The Lookout

Une officière de la marine a lancé une collecte de fonds unique en son genre, qui vise à sensibiliser les participants du monde entier aux questions, à la culture et à l'art autochtones canadiens.

La Ltv Cassandra O'Rourke et sa femme Eleni O'Rourke ont fondé Tortoise Tasks l'année dernière par le biais de leur petite entreprise caritative Kaskata Key.

Tortoise Tasks est une initiative qu'ils ont mise sur pied et dont une partie des recettes est versée aux campagnes de charité en milieu de travail de la Défense nationale à la BFC Esquimalt, au Centre de recrutement des Forces canadiennes Pacifique à Vancouver et, espérons-le, aux bases de tout le pays, car les gens peuvent participer à partir de n'importe quelle

communauté.

Une fois inscrits, les participants choisissent parmi les 215 tâches – activités, aventures et même quêtes – qui ont toutes un thème autochtone et environnemental.

«Les Tortoise Tasks peuvent comprendre n'importe quoi, que ce soit l'aventure, l'apprentissage, la tranquillité ou la curiosité dans la culture et la vie autochtones», explique la Ltv O'Rourke. «Elles peuvent aller du nettoyage d'un parc public ou d'une plage à la participation à une cérémonie de purification par la fumée, en passant par l'achat de piles rechargeables ou la visite d'un totem.»

Les 215 tâches ont été choisies pour honorer le nombre d'enfants dont les restes ont été découverts enterrés dans un ancien pensionnat de Kamloops, en

Colombie-Britannique.

La mère de la Ltv O'Rourke est membre des Nations Skatin. Leur grand-mère biologique, Leona August, qu'elles n'ont jamais connue, a fréquenté un pensionnat et est morte avant l'âge de 20 ans. Selon elles, le déroulement de la tragédie des pensionnats est devenu un moment décisif dans l'éducation et la compréhension des peuples autochtones pour de nombreux Canadiens.

«J'ai beaucoup d'amis et de collègues qui expriment leur honte de ne pas en savoir plus sur notre histoire [autochtone] et qui veulent savoir comment ils peuvent aider quand il s'agit de questions autochtones.»

Les fonds recueillis par Tortoise Tasks serviront à financer des pro-

jets visant à assurer un approvisionnement en eau potable dans les réserves, à offrir des occasions aux jeunes autochtones et à soutenir les organisations qui aident les personnes touchées par le traumatisme des pensionnats.

Le coût de la participation à la collecte de fonds est de 10 \$ pour une personne ou de 25 \$ pour un groupe. Tout le monde participera au tirage au sort du grand prix d'un forfait de vacances au Tigh Na Mara Resort & Spa, qui aura lieu le 15 décembre.

Pour obtenir plus d'informations sur la façon de participer, visitez le site Web <https://turtleislandnft.squarespace.com/tasks> (le code de réduction est : NDWCC).



Happy 75th, HMCS Scotian!

The ship's company of the stone frigate HMCS Scotian, Halifax's Naval Reserve Division, formed up for a photograph on March 30 ahead of their upcoming 75th anniversary celebrations. Scotian will hold a gala dinner for current and former members at the Delta Halifax Hotel on April 23.

S2 TAYLOR CONGDON



SPORTS & FITNESS



Halifax Mariners return to the ice at Vince Ryan Memorial Hockey Tournament

By Capt Dawn Macauley

The last Canadian Armed Forces Women's Hockey National Championship game was played on March 13, 2020; just as the COVID-19 pandemic was arriving in Canada. This point in history has impacted countless aspects of our lives, including putting a pause on social connectedness and involvement in physical activity with team sports. Sports and physical activity boosts fitness, mood and cognitive function. While it was essential to reduce close contacts in order to stop the spread of the virus, halting team sports has created a host of new problems related to the deterioration of physical, emotional and mental wellness within our organization and society at large. The time has come to start rebuilding our individual and collective wellness through sport participation.

The Halifax Mariners Women's and Men's base hockey teams recently participated in one of the largest recreational adult hockey tournaments in the world; the Vince Ryan Memorial Hockey Tournament in Sydney, Nova Scotia. As a member of the Women's base team, I was thrilled to join the team for our first hockey trip away since before the pandemic. Normally, at this time of year, we would all be preparing to battle other military teams in the Atlantic Region in order to win the prize of attending the CAF National Championship. These tournaments require physical fitness and strength, but also serve as opportunities to create bonds, deep friendships and healthy acquaintances within the CAF. Participating in sport also develops resilience, leadership skills and competitiveness, which are skills that transfer nicely into a military setting. Though the CAF Regional and National tournaments are still on pause, the members of these teams took to the ice to represent themselves, their teammates, their units and the organization as a whole. The focus was on rebuilding team unity and individual wellbeing through a balance of relaxed fun and intense competitiveness.

In preparation for the first game of the tournament, our Women's team

went for a picturesque shoreline hike. The salty air and cool sea breeze brought life to our team spirit and helped to clear our minds while preparing for the weekend of competition. It was a fitting beginning to a weekend of social, mental and physical wellness that was long overdue.

We spent the weekend improving on-ice and off-ice skills. Since there are no ranks in hockey, many players stepped up into roles that they had never performed before and it amplified their individual confidence. Two players, Angelina Bertrand & Alexis Brewer, scored their first goals during competitive Mariners hockey! The young athletes began to recognize their potential for improvement and leadership. I saw the effectiveness of my teammates embracing their roles on the team in order to achieve our ultimate goals.

We lost our first game in the tournament, but bounced back by winning our second. We employed our strengths and adjusted our strategies in order to achieve personal and team success. We emphasized the importance of battling for rebounds in front of the net and holding the blue line in both offensive and defensive zones. Our competitiveness and drive was unearthed and we accomplished specific

objectives that led to the victory. We grew stronger as a team through positive reinforcement, accountability and self-discipline. This is the character that will be crucial to the future manifestation of a winning team.

The third round robin game was the biggest challenge of the weekend. Our opponents were skilled and quick. Bumps, bruises and sore muscles from the physical requirements of the sport forced each individual to dig deep within themselves to overcome the pain and adversity. We displayed grit through out, skating and outshooting the other team. We showed incredible sportsmanship, class and cohesion throughout the game. Unfortunately, we gave up a short handed goal towards the

end that was left unanswered. It was a tough defeat, but it was also an extremely positive learning experience for our team.

Looking ahead, we are focused on the development of the Women's hockey program in the Canadian Armed Forces and the rejuvenation of organizational wellness through sport. By encouraging new members to join the team, we will be spreading the love of sport and fitness along with the development of long lasting friendships and professional skills that are uniquely enhanced through team sports. The next time there is a CAF Women's National Championship, you can bet that there will be representation from the Halifax Mariner's Women's base team.



Members of the Halifax Mariners Women's Hockey Team are pictured at the recent Vince Ryan Memorial Hockey Tournament in Sydney, NS..



Op Reassurance: Strength in Unity

By Kamma Frederick,

Fitness, Sport, and Recreation Supervisor - Op REASSURANCE, Latvia

On the weekend of February 26 and 27, a team of 22 Canadian and 4 Italian athletes from Operation Reassurance Latvia competed in the first annual NATO Cross Country Ski Championship in Otepaa, Estonia.

Kamma Frederick, PSP Fitness, Sport, and Recreation Supervisor at Op REASSURANCE was requested to support the team in training for the event. With only one month to prepare for the event, training consisted of four sessions per week: one high intensity interval based session, one steady state endurance session, one active recovery session and one technical ski session at

the Fischer Cross-Country Ski Centre in Sigulda, Latvia. Of the 22 members competing, there was a range of abilities, and all participants saw great improvements in their fitness level and ski technique throughout the month.

During the weekend in Estonia, Skiers could take part in five different competitions: 10km Freestyle, 10km Classic, 5km Freestyle Sprint, Individual Skiathlon (5km Classic and 5km Freestyle) or the Relay with four members each completing 5km (two classic and two freestyle) for a total of 20km as a team. Some competitors took part in a single event while many from

the Canadian-Italian Team competed in four of the five events

Although the Canadian-Italian teams did not place in the top three, they held their own taking home 5th, 6th, 8th, 9th and 17th places. The first place spot was claimed by the team from the National Armed Forces of Latvia, followed closely in Second place by the Estonian Team. Incredible efforts were displayed

throughout the weekend with many competitors surprising themselves by where they placed in each race. Above the scores and competition of the event, it was incredible to witness the connection and camaraderie amongst all competitors and contingents. The event demonstrated once again, there is always Strength in Unity.

Op Reassurance: L'union fait la force

Par Kamma Frederick,

surveillante du conditionnement physique, des sports et des loisirs – Op REASSURANCE, Lettonie

La fin de semaine des 26 et 27 février, une équipe de 22 athlètes canadiens et de 4 athlètes italiens de l'opération Reassurance, en Lettonie, a participé au premier championnat annuel de ski de fond de l'OTAN à Otepaa, en Estonie.

Kamma Frederick, surveillante du conditionnement physique, des sports et des loisirs des Programmes de soutien du personnel (PSP) à l'Op Reassurance, a été chargée d'aider l'équipe à s'entraîner en vue de l'événement. Disposant de seulement un mois pour se préparer à l'événement, l'équipe s'est entraînée à raison de quatre séances par semaine : une séance axée sur des intervalles de haute intensité, une séance d'endurance à l'état stable, une séance de récupération active et une séance de ski technique au Centre de ski de fond Fischer à Sigulda, en Lettonie. Sur les 22 athlètes qui ont participé au Championnat, on notait

un éventail d'aptitudes allant des skieurs débutants à ceux qui avaient déjà participé à des compétitions. Tous les participants ont constaté de grandes améliorations dans leur forme physique et leur technique de ski au cours du mois.

Au cours de la fin de semaine en Estonie, les skieurs ont pu prendre part à cinq différentes épreuves : le 10 km style libre, le 10 km classique, le 5 km sprint style libre, le skiathlon individuel (5 km classique et 5 km style libre) ou le relais composé de quatre athlètes, chacun skiant 5 km (deux en classique et deux en style libre) pour un total de 20 km par équipe. Certains athlètes n'ont pris part qu'à une seule épreuve, tandis que de nombreux autres membres de l'équipe canado italienne ont participé à quatre des cinq épreuves.

Bien que les équipes canado italiennes ne se soient pas classées parmi



A team of military members from Canada and Italy competed at the NATO Cross Country Ski Championship on February 26 and 27.

Une équipe de militaires du Canada et de l'Italie a participé au championnat de ski de fond de l'OTAN les 26 et 27 février.

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les trois premières, elles se sont bien défendues en remportant les 5e, 6e, 8e, 9e et 17e places. La première place est revenue à l'équipe des Forces armées nationales (NAF) de Lettonie, suivie de près par l'équipe estonienne. Des efforts incroyables ont été déployés tout au long de la fin de semaine et de

nombreux concurrents ont été surpris par leur classement dans chaque course. Au delà des pointages et de la compétition, il était incroyable d'être témoin des liens et de la camaraderie entre tous les concurrents et contingents. L'événement a démontré une fois de plus que l'union fait la force.

Yoga class at sea

Members of HMCS Moncton participate in a yoga class on board the ship during Operation Projection off the West Coast of Africa on March 17. Moncton, along with HMCS Goose Bay, has since wrapped up the Op Projection deployment, and will soon be back in Halifax.

CPL JACLYN BUELL

