



# CFB Halifax News

## October 2024



### BASE COMMANDER'S MESSAGE

September was busy – a trend I am noticing as we ramp up these last few months of 2024. The launch of our annual National Defence Workplace Charitable Campaign (NDWCC) saw many creative activities and thematic events take place including the NDWCC Kick-off BBQ organized by the Base Logistics team. I was thrilled to see strong attendance and support from across the local Defence Team, with an honourable mention to leadership from integral and lodger units including the Command Teams from HMCS *Toronto* and TRINITY who dove, cannon-balled and flipped their way into the Halifax Harbour for a good cause! As NDWCC Champion, I am inspired by every organizer, volunteer, canvasser, and donor's generosity and energy in kicking off this giving campaign. It means a great deal, especially during these challenging times.



Last month, I was honoured to lay a wreath during the Battle of Britain ceremony at 12 Wing Shearwater; to witness the Francophonie flag fly on Official Languages Day; to meet with local Sentinels; to attend a Naval Museum of Halifax panel unveiling alongside inspiring members of the Defence Advisory Group for Persons with Disabilities and the Canadian National Institute for the Blind (and some adorable guide dog puppies!); and to help commemorate the National Day for Truth and Reconciliation, Orange Shirt Day, Treaty Day, and the beginning of Mi'kmaq History Month – all in the spirit of inclusion, community, and reconciliation.

Looking ahead, October presents new opportunities for us to help each other. As a Sentinel, I understand the importance of events like [Mental Illness Awareness Week](#) but also how much courage is required to reach out to peers and healthcare professionals in support of one's (or a loved one's) mental health and well-being. Please remember that [mental health resources and wellness supports](#) are available to all Defence Team members and your families. Another way to support each other, especially during the fall 2024 NDWCC, is through United Way Halifax Days of Caring. Next week, local Defence Team members will help build homes in Tantallon/Hammonds Plains with Habitat for Humanity. If you are looking to volunteer in this way, I encourage you to [contact](#) the NDWCC Halifax Coordination Team.

The end of the month also leads us into a season of remembrance – a time to reflect on the strength and sacrifices of those who served before us. On October 23, we remember the HMCS *Kootenay* explosion – the worst peacetime accident in the history of the Royal Canadian Navy – on its 55th Anniversary. Following this anniversary will come Veterans' Week (November 5-11) and Remembrance Day (November 11), with a special Stadacona Band Veterans' Week concert on Sunday, November 10.

Thank you for everything you do in support of the local Defence community – past, present, and future – today and every day.

- Capt(N) Annick Fortin



## BASE CHIEF'S MESSAGE



October 6-12 is Mental Illness Awareness Week and a time to recognize that injuries are not always visible. As this awareness week approaches, please remember Defence Team members have access to mental health and wellness resources 24/7. Here are just a few available supports and services:

- [Canadian Forces Member Assistance Program \(CFMAP\)](#)
- [DND Employee Assistance Program \(EAP\)](#)
- [CFMWS Employee and Family Assistance Program](#)
- Canadian Health Services Centre (Atlantic): 902-721-8607

- Trained Sentinels (peer supporters) within your unit
- Family Information Line: 1-800-866-4546
- Local Chaplain's Office:
  - 902-721-8660 (daytime)
  - 902-427-7788 (evenings/weekends)
- [Halifax & Region Military Family Resource Centre Mental Health & Well-Being Resources](#)
- [Defence Team: Mental health and wellness](#)
- [Military Mental Health: You're not alone](#)
- National Suicide Crisis Helpline: Call or text 9-8-8

If you're struggling, please remember you are not alone and that help is available all year round.

- CPO1 Troy Beazley



## WHAT'S HAPPENING AT CFB HALIFAX

### Upcoming CF Health Services Centre (Atlantic) Immunization Clinics

CF Health Services Centre (Atlantic) will be hosting fall 2024 immunization clinics soon. These clinics will be open to all Regular Force and Reserve Force Class B (>180 days) and Class C members 18 years and over and will offer both influenza and COVID-19 vaccinations. Dates for these clinics can be found below. Monitor the MARLANT splash page, Base-wide email and CFB Halifax social media channels as more information will be available soon!

**October 28 -November 1:**

**Stadacona - Juno Tower Windsor Room**

**November 4-8:**

**Shearwater - Sea King Club Ashley Lounge**

**November 12-15:**

**HMC Dockyard - HMCS *Scotian* gym**



### **October: Mi'kmaq History Month**

About Mi'kmaq History Month: <https://mikmaqhistorymonth.ca/>

### **October: Women's History Month**

### **October: Canada's Healthy Workplace Month**

### **October 3: Clash of the Titans Charity Hockey Event**

Thursday, October 3 at the Halifax Forum (2901 Windsor Street). Two games:

- 5:30 – 6:20 p.m. - *Lame Ducks (Attaches) vs Esprit de Corps Commando Lites*
- 6:30 p.m. - 7:50 p.m. - *Esprit de Corps Commandos vs CFB Halifax Mariners*

*Free admission – all are welcome! 50/50 tickets will be available on-site in support of local cadets.*

### **October 6-12: Fire Prevention Week**

### **October 6-12: Mental Illness Awareness Week**

[Details](#). Click [here](#) for a list of mental health resources available to Defence Team members.

### **October 21: Canadian Blood Services Blood Donation Clinic**

10 a.m. - 3 p.m. in the S120 Drill Shed. Book blood donation appointment [here](#).

### **October 23: HMCS Kootenay Explosion 55th Anniversary**

October 23, 2024 marks 55 years since the HMCS Kootenay explosion that killed nine crew members and injured 53 others, making it the worst peacetime accident in the history of the Royal Canadian Navy. [Details](#).



## SAVE THE DATE

### **November 6: Take Our Kids to Work Day**

### **November 5-11: Veterans' Week**

### **November 10: Veterans' Week Concert**

2 p.m. at the Spatz Theatre (1855 Trollope St., Halifax)



## November 11: Remembrance Day

### November 12-December 18: NDWCC Escape Room

Cambridge Military Library. Three games/day, teams of 8\*, \$20 per person.

Games will be held Monday-Friday at 9 a.m., 11 a.m. and 2 p.m. (1 hour per game). Email [Joseph.Abando@forces.gc.ca](mailto:Joseph.Abando@forces.gc.ca), [Leah.Coughlin@forces.gc.ca](mailto:Leah.Coughlin@forces.gc.ca) and [Kathryn.Gatien@forces.gc.ca](mailto:Kathryn.Gatien@forces.gc.ca) to book!

*\*If your team is smaller than 8 people you can still submit your names as there is potential to combine with another small team. Non-Defence Team members (families, friends) age 18+ welcome to participate.*

## November 16: Holiday Parade of Lights



## MISCELLANEOUS

### PSP Halifax Fall Fitness Classes

PSP Halifax's fall 2024 fitness class schedules are now available! Classes are drop-in (no registration required) and are open to military and civilian Defence Team members.

[Fleet Fitness & Sports Centre fitness class schedule](#)

[Stadacona Fitness & Sports Centre fitness class schedule](#)

[Shearwater Fitness, Sports & Recreation Centre fitness class schedule](#)

### PSP CAF FORCE Evaluator Workshop

This qualification will enable personnel to conduct the FORCE Evaluation in accordance with the FORCE Evaluation Operations Manual.

Next course: December 6, 2024 (Deadline to submit: November 6)

Location: Fleet Fitness and Sports Centre from 0730-1530.

Contact [Briana.Plante@forces.gc.ca](mailto:Briana.Plante@forces.gc.ca) for more information on prerequisites and to register.

### Job posting

The Department of National Defence is seeking Civilian Ammunition Technicians to fill current and future vacancies in Bedford, NS (CFAD Bedford) and Gagetown, NB. [Details.](#)





## Sports, recreation, athletics

Congratulations to our CFB Halifax Mariners women's slo-pitch team who won gold at the Canadian Armed Forces National Slo-Pitch Championships in Borden last month!

## Awards, promotions, certificates

- Pte Juan Duque-Lopez: Promoted to Pte(T) on September 25, 2024
- Lt Noah Sweetnam: Promoted to Capt on July 19, 2024
- S2 Trevor Reinecke: Promoted to A/L S1 on August 27, 2024
- A/SLt Jayd Bodner: Promoted to SLt and subsequently Lt(N) on September 16, 2024
- Sgt James Bentley: Promoted to WO on September 18, 2024
- S1 Morgan Gardner-Cawthorpe: Presented with the Special Service Medal with NATO bar in recognition of their deployment on Operation REASSURANCE with HMCS *Shawinigan* from July 3, 2023, to November 5, 2023.
- Rachel Boucher, Jean-Marc Chartrand, S1 Andrew Rennox, Sgt Jolene Noel, Lt Connor Adams: Received Commanding Officer's Certificate of Achievement
- CPO2 Lynn Cassidy, the Assistant Base Chief, was recently appointed to the Order of Military Merit and will receive her Medal of Military Merit (MMM) in Ottawa in November 2024.



*Missing from photo: PO1 Jesse Longmire*

## BASE SERVICE SPOTLIGHT: BASE CEREMONIAL TEAM

The Base Ceremonial Team supports Canadian Forces Base Halifax and the surrounding community in planning, organizing, and executing various parades, ceremonies and tasks. Some of these include the Battle of the Atlantic, Remembrance Day, the Nova Scotia Government House Sentry Program, military funerals, Change of Command ceremonies, honour guards for visiting dignitaries and many occasions of reflection and recognition on Base. They are also responsible for the Maritime Forces Atlantic Depart with Dignity program which involves providing a Canadian Flag to retiring members with 25 years of service. [Click here for details.](#)



This fall our 2024 Halifax and Shearwater region National Defence Workplace Charitable Campaign (NDWCC) canvassers will be making their way through units across CFB Halifax to raise awareness about this year's charitable campaign. Canvassers are Defence Team members who have volunteered their time in addition to their daily work duties to support the NDWCC. During the campaign they are available to help you navigate ePledge, to answer questions, and to identify other ways to participate in this year's campaign. Canvassers can be reached through Unit OPIs. A local NDWCC Coordination Team list that includes Unit OPIs can be found on the [Trident Newspaper website](#) and the [MARLANT intranet](#) (only accessible on DWAN).

## DID YOU KNOW THAT IF YOU ARE PLANNING A UNIT EVENT OR LOTTO FOR THE HALIFAX AND SHEARWATER REGION NDWCC THERE ARE RESOURCES AVAILABLE TO HELP YOU?

By clicking here ([MARLANT intranet](#) - DWAN only) or here ([Trident Newspaper](#) – external site) you can visit the resources page for the regional campaign where you will find helpful links including a form to fill out when planning a unit event to ensure it gets promoted; the ePledge (donations) website; a visual guide on how to ePledge; and rules to follow when planning any type of lottery activity.

### TOP CFB HALIFAX SOCIAL MEDIA POSTS LAST MONTH



Visit our CFB Halifax social media channels for content!



[@CFB.BFC.HALIFAX](#)



[@cfb.bfc.halifax](#)



[@CFB\\_BFCHalifax](#)





## FROM THE ARCHIVES

Interior photo of the old Fleet Club at Stadacona when the facility opened in 1968. The building was open for 53 years before it was replaced by the present-day Fleet Club located in Tribute Tower.

Photo credit: Naval Museum of Halifax

## RESOURCES

- [Base Services Directory](#)
- **Defence Advisory Groups**
  - [Defence Visible Minority Advisory Group](#) (DWAN only)
  - [Defence Women's Advisory Organization](#) (DWAN only)
  - [Atlantic Defence Indigenous Advisory Group](#) (DWAN only)
  - [Defence Advisory Group for Persons with Disabilities](#) (DWAN only)
  - [Atlantic Defence Team Pride Advisory Organization](#) (DWAN only)
  - [Defence Advisory Groups - Trident Newspaper](#)
- [Mental Health & Wellness](#)
- [Base closures and delayed openings Q&A](#)
- [Lactation Spaces](#)
- [Base Student Services](#)
- [Base Executive Services Accessible via DWAN only](#)
- [Trident Newspaper](#)

## QUESTIONS/SUBMISSIONS

If you have questions about this publication or would like to submit content for consideration, please email [CFBHalifaxPublicAffairs@gmail.com](mailto:CFBHalifaxPublicAffairs@gmail.com).