



# CFB Halifax News

March 2025



## BASE COMMANDER'S MESSAGE

Here we are, Defence Team, a month closer to sunnier, warmer days. This has been my first full winter in Nova Scotia, and it has been an adventure adapting to the Maritime cold and winds – even for a Quebecer and a Naval Warfare Officer who is very familiar with some wild weather on the open seas! I hope March presents opportunities for you and your loved ones to take time for yourselves, to enjoy the outdoors, and to partake in activities that bring you joy and reprieve. Remember that if you are struggling during this time of year (or any time of year), there are regional and national [resources](#) available 24/7 to you and your family.

Thank you for keeping the Base thriving in February, a busy month with many operational developments and outreach activities. Notably, I want to congratulate our local Employment Equity, Diversity & Inclusion and Defence Advisory Group teams for leading Black History Month [events](#) and [initiatives](#). As the local Champion of the Defence Visible Minorities Advisory Group – newly renamed to the [Defence Racialized Persons Advisory Group](#) (DRPAG) – I am privileged to be part of a vital, on-the-ground effort to foster healthy, inclusive, and welcoming workplaces.

February was also a proud and exciting time for our local sports teams, with our CFB Halifax Mariners women's hockey team and men's and women's volleyball teams winning their respective Canadian Armed Forces (CAF) Atlantic Region Championship tournaments. Wishing these teams congratulations and much success as they prepare for their national championships in the coming months, with recognition to all teams who have represented the Base and the wider CAF community during regionals these past few weeks.

Pivoting to the month ahead, I encourage everyone to partake in initiatives related to commemorations such as International Women's Day, the International Day for the Elimination of Racial Discrimination, the International Day of La Francophonie, the International Transgender Day of Visibility, and National Indigenous Languages Day. Having a diverse, inclusive, and knowledgeable Defence Team encourages trust, collaboration, and cohesion and upholds the operational effectiveness of the CAF. Building an organizational culture rooted in inclusion and understanding is an ongoing responsibility, so Bravo Zulu for taking these opportunities to support your teammates and strengthen our workforce.

Finally, March represents the end of the fiscal year, which makes for an extra busy time across the Base. This month can also be a period of uncertainty and anticipation for many CAF members and families with the upcoming posting season. Again, I trust that you, your colleagues, and your loved ones can find moments to reset and recharge while tapping into resources and supports that can help you face the winds of change ahead.



- Capt(N) Annick Fortin

# BASE CHIEF'S MESSAGE



One of my most valued priorities as Base Chief is to ensure that our servicemembers are well-equipped and aware of the different resources and supports available to them and their loved ones. This is why we cannot overcommunicate when it comes to ways of enhancing our military workforce's morale, health, and well-being.

The [Halifax & Region Military Family Resource Centre](#) (H&R MFRC) is dedicated to providing military members and their families impactful programming, services, and supports. One of the best ways to learn about what they offer is by organizing an MFRC briefing within your unit. During a briefing, H&R MFRC personnel present the types of services, programs, and activities available to Canadian Armed Forces (CAF)

members and their families as well as how to access and benefit from these resources. For example, did you know the local MFRC has a community food pantry? Did you know that the [virtual healthcare program](#) Maple (offering 24/7 access to Canadian-licensed general practitioners) is free and available to dependents of CAF members living in Canada? Did you know that there are specialized resources available to you and your dependents to support big transitions such as deployments and relocations? These are the types of community-centred services that can make a real difference in the daily lives of your unit's members and their families, so please consider booking a briefing today.

The H&R MFRC serves military families in Halifax and region, Shearwater, Central and Northern Nova Scotia, and Cape Breton. For more information about the H&R MFRC, visit their [website](#).

- CPO1 Troy Beazley

## WHAT'S HAPPENING AT CFB HALIFAX?



### EVENTS/COMMEMORATIONS

#### **March: Nutrition Month**

Nutrition can be confusing and difficult to identify myth from fact. The PSP Halifax Health Promotion team's resident dietitian, Laurie Barker Jackman, invites you to submit your nutrition questions! Laurie will be answering those questions anonymously on PSP Halifax Health Promotion's social media throughout March. If you are curious or confused, so are many others. Submit your questions anonymously [here](#) or through email at [hfxhealthpromotion@forces.gc.ca](mailto:hfxhealthpromotion@forces.gc.ca).

#### **March 1: Zero Discrimination Day**

#### **March 5: Beginning of Lent**

#### **March 7: International Women's Day flag raising**

The International Women's Day flag will be raised during morning colours (8 a.m.) at CFB Halifax headquarters (building S-90) in recognition of International Women's Day. A flag raising will also be conducted at Shearwater main gate. All are welcome to attend!

#### **March 7: Shearwater International Women's Day event**

Guest speakers and discussion panel at the Shearwater Sea King Club (Ashley Lounge) from 8:30 - 11:30 a.m. All are welcome!

#### **March 7: Women's Self-Defense Seminar in recognition of International Women's Day**

2 p.m. at Stadacona Building S120 (room 323). This empowering session will teach essential self-defense techniques to help you build confidence, stay safe, and take control of your personal security. Led by S1 Del Mar who is qualified in both Sports Jiu Jitsu and Mixed Martial Arts. Designed for women of all skill levels. For more information, please contact [Gage.Smith@forces.gc.ca](mailto:Gage.Smith@forces.gc.ca) or [Atlas.DelMar@forces.gc.ca](mailto:Atlas.DelMar@forces.gc.ca).

## **March 8: International Women's Day**

### **March 10: Department of National Defence International Women's Day event**

A hybrid (in-person and livestreamed) event on March 10 from 12 - 1 p.m. Atlantic. [Details](#).

### **March 10-14: March Break (HRCE and CSAP schools)**

### **March 15: International Day to Combat Islamophobia**

### **March 20: International Day of La Francophonie**

The flag of La Francophonie will be raised during morning colours (8 a.m.) at CFB Halifax headquarters (building S-90) in recognition of the International Day of La Francophonie. All are welcome to attend!

### **March 21: International Day for the Elimination of Racial Discrimination**

The Pan-African flag will be raised during morning colours (8 a.m.) at CFB Halifax headquarters (building S-90) in recognition of the International Day for the Elimination of Racial Discrimination. A flag raising will also be conducted at Shearwater main gate. All are welcome to attend!

### **March 30: Ramadan ends**

### **March 31: International Transgender Day of Visibility**

The Transgender flag will be raised during morning colours (8 a.m.) at CFB Halifax headquarters (building S-90) in recognition of the Transgender Day of Visibility. A flag raising will also be conducted at Shearwater main gate. All are welcome to attend!

### **March 31: National Indigenous Languages Day**

### **April 1: Canadian Blood Services Blood Donation Clinic**

Monitor the MARLANT splash page, Base-wide emails, and CFB Halifax social media channels for clinic times, location, and appointment details.

### **April 1: Teal Up for Military Kids flag raisings and Teal Shirt Day**

April is the Month of the Military Child, established to recognize and thank children from military families for the sacrifices they make living the military lifestyle. Throughout April, the Halifax & Region Military Resource Centre (H&R MFRC) and other MFRCs across the country are participating in the Teal Up for Military Kids campaign to celebrate and show their support for children from military families. Local Defence Team members are invited to participate in two events:

- April 1: Teal up for Military Kids flag raisings
  - Local Defence Team members and their children are encouraged to join H&R MFRC representatives for special flag raising ceremonies during morning colours (8 a.m.) at CFB Halifax headquarters (building S-90) and Shearwater Main Gate to recognize the Month of the Military Child. All are welcome to attend!
- April 1: Teal Shirt Day
  - The first Tuesday of April (April 1) is Teal Shirt Day. On this day, CAF members can choose to wear teal shirts with civilian attire (\$2 Dress with a Difference fee in effect) or wear their teal shirt under operational dress at the discretion of the unit (no fee). The remaining Tuesdays in April (April 8, 15, 22, 29) will be Teal Up Tuesdays. On these days, CAF members are permitted to wear teal shirts underneath their operational dress at the discretion of the unit, but Dress with a Difference will not be in effect. Alterations to the dress standard for N1, N2, and N3 orders of dress are not permitted in accordance with CANFORGEN 021/022. Civilian Defence Team members are encouraged to wear their own teal shirt in support of this important cause as well. The H&R MFRC has a [Teal Up online store](#) where local members may wish to purchase a Teal Up campaign shirt or other clothing items. The order deadline is March 9 to receive orders before April 1.





## SAVE THE DATE

**May 30 & 31: DND Family Days**

**June 19-22: Halifax International Fleet Week**

**June 27-July 1: Royal Nova Scotia International Tattoo**

**Upcoming Canadian Blood Services Blood Clinics\***

June 4, 2025 / August 18, 2025 / February 23, 2026

*\*Times and locations of these clinics will be confirmed and announced closer to each date.*

## MISCELLANEOUS



### **Reminder: CAF Systemic Racism Notice of Settlement**

Have you experienced racial discrimination and/or racial harassment in connection with your military service? If so, the Federal Court has approved a final settlement agreement that might affect you. Learn more about the lawsuit and the final settlement agreement, including next steps if you wish to opt-out or submit a claim: <https://www.classaction.deloitte.ca/en-CA/caf-racism-class-action/>

### **CFB Halifax Storm Reminder**

The CFB Halifax storm line (902-721-8325) and 12 Wing Shearwater storm line (902-720-1305) can be called for information on Base and Wing openings, closures, and delays. The storm lines are updated by 6 a.m. (Atlantic). Our CFB Halifax social media sites (Twitter (X), Facebook and Instagram) will also be updated by 6 a.m. in the event of a Base closure or delayed opening.

## BASE SERVICE SPOTLIGHT: BASE TRAINING

The Base Training team administers instructor-led D365 training for DND/CAF members in the Atlantic region; provides general training guidance and oversight for CFB Halifax personnel; provides advice and guidance to Unit Training Coordinators on training requirements/initiatives; and tracks the completion rates of Common Mandatory Training for CFB Halifax personnel. Read more [here](#).





### Sports, recreation, athletics

- Bravo Zulu to our CFB Halifax Mariners women's hockey team who won the CAF Atlantic Region Women's Hockey Championship (February 11-12) and will be advancing to nationals at CFB Trenton in March. Best of luck!
- Bravo Zulu to the CFB Halifax Mariners and 12 Wing Shearwater Flyers men's senior hockey teams who participated in the CAF Atlantic Region Men's Senior Hockey Championship (February 3-7) in Gagetown.
- Bravo Zulu to the CFB Halifax Mariners men's volleyball team who won the CAF Atlantic Region Men's Volleyball Championship (February 18-21) in Greenwood and will be advancing to nationals at CFB Borden in April. Best of luck!
- Bravo Zulu to the 12 Wing Shearwater Flyers men's volleyball team who participated in the CAF Atlantic Region Men's Volleyball Championship (February 18-21) in Greenwood.
- Bravo Zulu to the CFB Halifax Mariners women's volleyball team who won the CAF Atlantic Region Women's Volleyball Championship (February 25-28) in Greenwood and will be advancing to nationals at CFB Borden in May. Best of luck!

### Awards, promotions, certificates

- Pte Chelsea Stevens: Promoted to Cpl effective January 15, 2025
- Pte Tia Chambers: Promoted to Cpl effective January 15, 2025
- OCdt Nanette Black: Promoted to 2Lt with subsequent promotion to Lt effective December 15, 2024
- OCdt Giavonna Rossi: Promoted to 2Lt effective December 15, 2024
- S2 Sidney Riutta: Promoted to S1 effective January 15, 2025
- S2 Fan Zheng: Awarded the NATO Special Service Medal – Expedition Bar
- Maj Tiffany Kisway: Awarded Canadian Forces Decoration 1st Clasp
- Lt(N) Jay Maynard, Lt Emma Comeau, and A/SLt Isiah Hughes: Awarded Commissioning Scrolls
- PO1 Bernie Gagnon: Awarded Government House Certificate of Appreciation, for his participation in the installation of the 34th Lieutenant Governor of Nova Scotia
- Cpl Michella Iradukunda: Awarded Bravo Zulu for their support of the NDWCC
- Avr Kalanie Deason, Pte Amelia Evong, S3 Janine Suyac and S1 Erin Campbell-Young: Awarded certificates for the successful completion of the HRA Field Coaching Program
- LCdr Jennifer Carter, Lt(N) Graham Stark, WO Tracy Duff, and CPO2 Tanya Belanger: Awarded Kings Coronation Medals
- PO1 Tanya Belanger: Promoted to CPO2 on March 3, 2025

### Miscellaneous

- Bravo Zulu to the Base Logistics branch for organizing a [unit-wide push-up challenge](#) – inspired by the Canadian Mental Health Association's Push-up Challenge – to increase awareness about mental health within the CAF. In total, the teams completed over 90,000 push-ups. Thank you to everyone who participated!



# TOP CFB HALIFAX SOCIAL MEDIA POSTS LAST MONTH



## Facebook

[Pink Shirt Day](#)

[Black History Month Speaker Event](#)

## Instagram

[NDWCC Travel Party](#)

[65th General Assembly of the Nova Scotia Legislature](#)

## Twitter (X)

[NDWCC Boardgames and Bonspiel](#)

*Visit our CFB Halifax social media channels for content!*



[@CFB.BFC.HALIFAX](#)



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## DID YOU KNOW?

Did you know that Defence Team members now have weekly opportunities to enjoy a quiet moment of reflection or a moment of prayer at the Stadacona Faith Centre? Individuals seeking a mindful moment (alone or in a group) are encouraged to partake in this opportunity for quietness – regardless of faith tradition, if any.

The Stadacona Faith Centre (2710 Admirals Way) is open Fridays 11 a.m. to 12 p.m. for anyone looking to drop in, meditate, or recharge in a quiet space. All Defence Team members are welcome.

If you are interested in joining communal Muslim prayers on Fridays, learning more about Islam or simply connecting with Muslims in the Canadian Armed Forces, please contact Maj Riaz Ingar [Riaz.Ingar@forces.gc.ca](mailto:Riaz.Ingar@forces.gc.ca) / (902-721-0504) or Capt (Chaplain) Halit Ozer [Halit.Ozer@forces.gc.ca](mailto:Halit.Ozer@forces.gc.ca).

If you would like to know more about Christian prayers on Fridays, or learn more about the opportunity for a quiet time or other spiritual expressions, please contact Padre Erica Corbin [Erica.Corbin@forces.gc.ca](mailto:Erica.Corbin@forces.gc.ca) or Padre Clarke Dixon [Clarke.Dixon@forces.gc.ca](mailto:Clarke.Dixon@forces.gc.ca).



## FROM THE ARCHIVES

Able Wren Caroline Le Sieur in Pay Office at Stadacona in the 1960s.

Photo credit: Naval Museum of Halifax

## RESOURCES

- [Base Services Directory](#)
- **Defence Advisory Groups**
  - [Defence Racialized Persons 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).