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# TRIDENT

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## Fair winds and following seas

*Members of the ship's company of HMCS Charlottetown wave goodbye as the ship pulls away from the jetty on February 1. The ship departed from Halifax to begin a six-month deployment on Operations HORIZON and NEON. More on Page 4.*

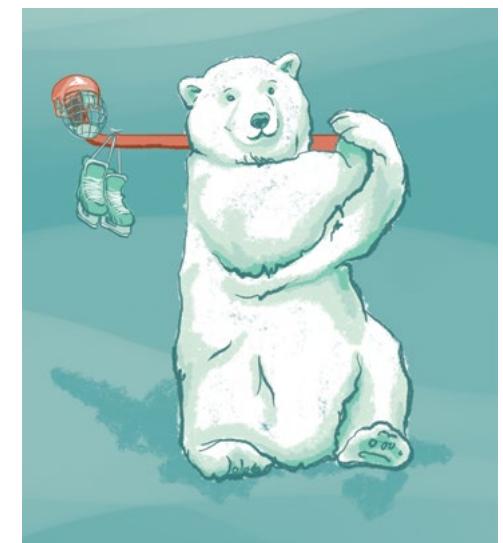
CPL GREGORY COLE





Cdr Peter MacNeil, Commanding Officer of HMCS Montréal, and Executive Officer LCdr Damien Ciotti visited PO2 (Ret'd) Barry J. Doyle at the Camp Hill Veterans Memorial Building on January 28.

MONA GHIZ



## DND Snow Festival set for February 16

By PSP Halifax

The DND Snow Festival returns to 12 Wing Shearwater on February 16, kicking off a full week of winter-themed activities for the defence community. The week opens with the free Heritage Day Carnival at the Shearwater Gym, Pool, and Arena, offering everything from carnival games and laser tag to lane swims, open skates, pick-up hockey, and outdoor sledding and s'mores (weather permitting). Monday evening also features the Snow-Fest Pickleball Tournament, with Women's and Mixed Doubles divisions for players of varying skill levels.

The celebrations continue with Glow & Flow Yin Yasa yoga on Tuesday, Family Bingo at the Sea King Club on Wednesday, and a Snow-Fest Paint Night on Thursday complete with a hot chocolate bar and cookies. The festival wraps up on Sunday with a Museum Scavenger Hunt, offering a fun and interactive way to explore local military history. Registration is required for several events, and full details can be found at [cfmws.ca/halifax/snowfest-2026](http://cfmws.ca/halifax/snowfest-2026) or by contacting [shearwaterpsprecreation@gmail.com](mailto:shearwaterpsprecreation@gmail.com).

## HMCS Montréal team reconnects with former sailor at Camp Hill

By Trident Staff

**A simple visit and a replacement cap** recently helped reconnect a former sailor with a ship that played a role in his long naval career.

Commander Peter MacNeil, Commanding Officer of His Majesty's Canadian Ship (HMCS) *Montréal*, and Lieutenant-Commander Damien Ciotti, the ship's Executive Officer, visited the Camp Hill Veterans Memorial Building on January 28 to meet with Petty Officer 2nd Class (PO2) (Ret'd) Barry J. Doyle,

a Royal Canadian Navy veteran who served from 1967 to 1997. During the visit, the command team presented Doyle with a new HMCS *Montréal* captain's hat after learning he had recently lost his original one.

PO2 (Ret'd) Doyle's naval career spanned three decades and included service across Canada and aboard more than a dozen HMC ships of various classes. He served aboard HMCS *Montréal* in 1995, just two years before his honour-

able release following 30 years of service.

According to staff at Camp Hill, the visit made a lasting impression. "I was impressed that the Captain and Executive Officer of the ship took off their valuable time to visit me and present me with a gift," Doyle shared through hospital staff. He added that he was delighted with the hat and pleased to learn that the visit would be shared with the wider community.

# TRIDENT

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# Simple ways to boost your heart health for February

By PSP Halifax Health Promotion

February is Heart Month, making it a great time to talk about the importance of cardiovascular health and what we can do to reduce our risk of heart disease. Heart disease affects approximately 2.6 million Canadian adults and is the second leading cause of death in Canada. The good news is that up to 80% of premature heart disease and stroke can be prevented through healthy lifestyle behaviours such as eating a balanced diet and being physically active.

Here are our top five tips to improve your heart health and reduce your risk of heart disease:

## 1. Make vegetables and fruit the star of your plate

Eating more vegetables and fruit can help control blood sugars, manage weight, boost your immune system, and keep your heart healthy. They contain soluble fibre, which is known to lower

LDL ("lousy") cholesterol. They are also packed with vitamins and minerals associated with heart health. Choose dark green and orange produce for vitamins C, E, beta carotene, and B vitamins. Vegetables and fruit are also rich in antioxidants, which help protect cells from damage caused by free radicals such as air pollutants and cigarette smoke. Think of the rainbow when selecting your produce.

## 2. Go for whole grains

Whole grains contain all three parts of the kernel (the bran, endosperm, and germ) which makes them rich in vitamins, minerals, antioxidants, and fibre. People who eat three or more servings of whole grains per day have a 30% lower risk of developing heart disease. Aim to fill one-quarter of your plate with whole grains at each meal. Examples include oats, brown rice, quinoa, popcorn, and bulgur.

Tip: When choosing cereals or bread, check the ingredient list for "100% whole grain" to ensure the product is truly whole grain.

## 3. Eat a variety of protein foods

To support your heart health, choose protein foods that come from plants every day. Plant-based proteins are higher in fibre and lower in saturated fat. Eating legumes such as beans, lentils, and peas at least four times per week can help reduce your risk of cardiovascular disease.

Snack idea: A heart-healthy snack is about one-quarter cup of nuts paired with a piece of fruit or cut-up vegetables.

## 4. Choose healthy fats

The type of fat you eat is more important than the amount. Choosing foods that contain mostly healthy (unsaturated) fats can help lower your risk of

heart disease. Healthy fats are found in nuts, seeds, fatty fish, avocados, and vegetable oils. Avocados also contain about seven grams of fibre per half avocado.

## 5. Limit your salt intake

A diet high in sodium can increase your blood pressure, which may lead to heart disease. The main sources of sodium for Canadians are highly processed foods such as fast foods, hot dogs, chips, cookies, frozen pizzas, and deli meats. Try to limit these foods and reduce the amount of salt you use in cooking.

By following these tips, you can make meaningful progress toward improving your heart health. You can reduce your risk of heart disease even further by staying smoke-free, being physically active, limiting alcohol intake, and having regular medical check-ups.



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HMCS Charlottetown left Halifax on February 1 for a deployment that will see the ship contribute to Operations HORIZON and NEON.

CPL GREGORY COLE



A large crowd gathered to send off the ship's company ahead of the six-month mission.

CPL GREGORY COLE

## HMCS *Charlottetown* departs Halifax for Indo-Pacific deployment

By Trident Staff

**His Majesty's Canadian Ship (HMCS) Charlottetown** departed its home port of Halifax on February 1, beginning a deployment to the Indo-Pacific region in support of Operations HORIZON and NEON.

Royal Canadian Navy officials say the deployment will support Canada's ongoing effort to maintain a regular naval presence in a region of growing strategic and economic importance. As usual, *Charlottetown* is expected to operate during the mission alongside allied and partner navies through multinational exercises and cooperative engagements.

Operation HORIZON is described in

a press release as the Canadian Armed Forces' (CAF) primary military mission in the Indo-Pacific, supporting peace and stability in accordance with international law and contributing to the defence elements of Canada's Indo-Pacific Strategy. Operation NEON, meanwhile, represents Canada's contribution to a multinational effort to enforce United Nations Security Council sanctions imposed against North Korea.

Rear-Admiral (RAdm) Josée Kurtz, Commander Maritime Forces Atlantic and Commander Joint Task Force Atlantic, noted the Indo-Pacific region plays an increasingly important role

in issues that matter to Canadians, including national security, economic prosperity, human rights, and environmental protection. "This is why the Royal Canadian Navy deploys warships annually to work alongside our allies and partners in the region. I commend the sailors of HMCS *Charlottetown* for their dedication and professionalism in training and preparing for this deployment, and I am sure they will represent Canada well during their important mission," RAdm Kurtz said in the press release.

HMCS *Charlottetown*'s Commanding Officer, Commander Jonathan Maurice, also emphasized that the ship's

company has worked extensively to prepare for both operations and is "proud to represent Canada on the world stage and contribute to a safer, more stable region."

"This is the first time *Charlottetown* has taken part in this operation, and it's a significant deployment for our ship and crew. We'll be sailing to the other side of the world for six months."

This deployment follows *Charlottetown*'s most recent major operation in the second half of 2024, when the ship served in the Mediterranean Sea as the flagship of Standing NATO Maritime Group Two as part of Operation REASSURANCE.

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# A night of gratitude:

## Celebrating the heart of our community

By Don MacGillivray  
H&R MFRC

### The CANEX Gives Back Volunteer

Appreciation Night offered a warm and vibrant reminder of what community truly means. Holiday melodies set a cozy tone as guests filtered in, their conversations and laughter weaving together like a festive soundtrack. CANEX representatives Shearwater Store Supervisor Sasha Smith and Halifax Store Supervisor Michelle Berkman were in attendance greeting and speaking with volunteers as the crowd mingled. Volunteers from Personnel Support Programs (PSP), Community Recreation programs, and the Halifax & Region Military Family Resource Centre (H&R MFRC), whose dedication shapes so much of what our programs can accomplish, were celebrated with delicious cheesecake and an evening of theatre. Our gathered guests at the Neptune Theatre were treated to a classic – *The Wizard of Oz*. Judging by the laughter and applause throughout the show, it was heartily enjoyed.

This year, volunteers from PSP and the H&R MFRC contributed a combined 6,896 hours of their time. Calculated at minimum wage, that represents a contribution worth \$113,784. But the true value of volunteer work can't be measured in dollars. It's the effects, both tangible and intangible, that are felt daily in this community.

"The ripple effects of your actions support this community", said Shelley Hopkins, Executive Director of the H&R MFRC. "Our mission is to strengthen the well-being of all those who share the unique experience of military life, and

without our cherished volunteers, we could not deliver on that mission."

It's a sentiment that Mike Almond, PSP Senior Manager, echoed, highlighting that "collaboration between PSP and the MFRC is done with purpose and heart to enhance the lives and wellness of the Canadian Armed Forces (CAF) community."

Also in attendance were CFB Halifax Base Commander Captain (N) Annick Fortin, along with the Base Chief, Chief Petty Officer 1st Class Troy Beazley, and Commanding Officer of 12 Wing Operational Support Squadron Lieutenant-Colonel (LCol) Nick Veenhof. Capt(N) Fortin thanked all of the volunteers and spoke to the impact of their work.

"Thank you for your unwavering support of our members," she said, noting that many members have said that "it's great to work here because of the community," before finishing her remarks by stating that it's "an honour to serve alongside you."

12 Wing Shearwater Commander Colonel Tara Willis was out of town for the event and Acting Wing Commander and Commanding Officer of 423 Squadron, LCol Kris Sutton, passed along appreciation to all the volunteers for everything that they do, noting, "we certainly notice the volunteer support on the Wing and appreciate all the support."

Beyond the entertainment and speeches, the spirit of giving took centre stage. CAF Veteran and Invictus Games athlete Darrell Ling's annual sock drive "Spare a Pair" donation box sat in one corner of



Leaders from across CFB Halifax, PSP, CANEX, and H&R MFRC thanked volunteers for their work through the year at the annual CANEX Gives Back Volunteer Appreciation Night.

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the venue. Over the past two years, with your support, Darrell has been able to donate more than 1,300 pairs of socks to those in need. To emphasize just how unending our volunteer community's generosity is, Helen Birch of the Shearwater Scuba Club is a perfect example. She was the night's winner of a \$50 CANEX gift card draw. Later, she quietly approached Darrell and handed him her gift card for the sock drive. For Helen, her luck was just one more opportunity to give.

As the evening wound down, one theme resonated above all: gratitude. Our volunteers are the reason our programs thrive, the reason our community stays connected, and the reason so many people feel supported throughout the year.

Thank you to every volunteer who offered their time, energy, and compassion. Your generosity is the foundation of everything we do, and we are deeply grateful for another year of incredible service.



## Black History Month marked at CFB Halifax, 12 Wing

February marks the 30th Anniversary of Black History Month being a nationally recognized observance in Canada and is also African Heritage Month in Nova Scotia. The Pan-African flag was raised at CFB Halifax headquarters, at 12 Wing Shearwater, and aboard His Majesty's Canadian Ships on February 2 in recognition of the strength and accomplishments of Black Canadians and Black Defence Team members who have a long history of service.

Local Defence Team members are invited to the Juno Tower Ballroom on Thursday, February 19, from 10 a.m. to 12 p.m. for the MARLANT Black History Month event. Monitor the MARLANT splash page, Base-wide email, and CFB Halifax social media channels for more details.

AVR GUILLAUME ROY



From left, Cdr Kyle Aubrey, Cmdre Jacob French, and Cdr Jeffrey Anderson.

CPL ANTONIO GARCIA ALVAREZ



Cmdre French presented a framed photo gift to Cdr Anderson to commemorate his time in command.

CPL ANTONIO GARCIA ALVAREZ

## Change of command aboard HMCS St. John's as ship readies for next NATO deployment

By Nathan Stone,  
Trident Staff

**The incoming Commanding Officer** (CO) of His Majesty's Canadian Ship (HMCS) *St. John's*, Commander (Cdr) Kyle Aubrey, spoke openly about the challenges his crew will face as the ship prepares for its next NATO deployment.

"The global backdrop is as unpredictable as any in our recent memory... We must all prepare, both ourselves as individuals and collectively as *St. John's*, to be ready to fight," he said.

Cdr Aubrey took over from the ship's outgoing CO, Cdr Jeffrey Anderson, during a ceremony aboard *St. John's* on January 23.

He will oversee preparations for the ship's next deployment, in a year's time, to again join allies sailing with Standing NATO Maritime Group 2 (SNMG2) as part of Canada's ongoing Operation

### REASSURANCE.

HMCS *St. John's* recently finished its last deployment on Operation REASSURANCE on December 20, 2025, after five months at sea.

Cdr Aubrey encouraged the ship's crew to use the "indispensable" experience gained from their last deployment to help train the new sailors and officers who will be transferring over in the coming months.

"My ask to you is that you share the experience and knowledge with your new shipmates, ensuring that we are the best prepared that we can be to uphold the legacy of *St. John's*," he said.

"We must embrace the duality of reconstituting while pushing the boundaries of readiness, not because it is easy, but because there is no other way forward."

Commodore (Cmdre) Jacob French, Commander Canadian Fleet Atlantic, presided over the ceremony and echoed Cdr Aubrey's sentiments, while praising Cdr Anderson for the ship's focus on training and developing the next generation of sailors during his time in command.

"The statistics for how the ship trained and rotated through countless junior sailors, junior cadets, junior officers, you name it, are impressive, and show exactly the type of mentality and focus that we need."

In his outgoing address, Cdr Anderson spoke about *St. John's* accomplishments over the last two years. The ship was away from home for over 250 days, visited 14 countries, and sailed over 40,000 nautical miles, or about two circumnavigations of the Earth.

The ship's company also received several awards during that period, including the Admiral's Cup and the Community Spirit Award.

Cdr Anderson spoke fondly of his final deployment on Operation REASSURANCE.

"It took us across the Mediterranean with SNMG2 and then to the high north with SNMG1, where we enjoyed days where the moon never set but the sun never rose."

Cmdre French emphasized that these accomplishments demonstrated a level of skill and cohesion that, in his words, brought the ship's company to "the apex of operational performance."

*St. John's* will remain in Halifax in the near term as the ship undergoes maintenance and the crew prepares for their next mission.

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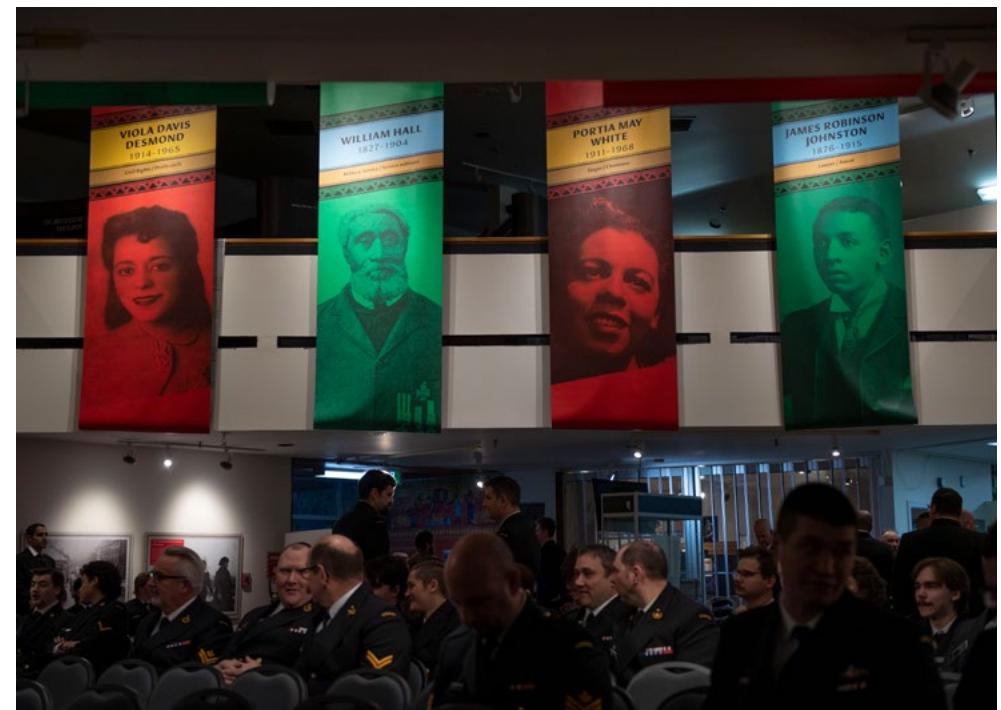
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HMCS William Hall is seen in the waters off Rankin Inlet, NU in September of 2025.

CPL SARINA KUZMA



A ceremony was held at the Black Cultural Centre in Cherry Brook on January 22 to mark a change of command for HMCS William Hall. CPL CONNOR BENNETT



From left, Cdr Scott Kelemen, Cmdre Jacob French, and Cdr Jeremy Ruggles.

CPL CONNOR BENNETT



## HMCS William Hall welcomes new CO in unique setting

By Trident Staff

On January 22, His Majesty's Canadian Ship (HMCS) *William Hall* held a change of command ceremony, transferring command from Commander (Cdr) Scott Kelemen to Cdr Jeremy Ruggles. Commodore Jacob French, Commander Canadian Fleet Atlantic, presided over the proceedings.

The ceremony was held at the Black Cultural Centre in Cherry Brook. The ship is named for Petty Officer William Hall, a Black naval war hero whose actions as an Able Seaman during the 1857 Relief of Lucknow in the Indian Rebellion earned him the Victoria Cross. Hall was the first Nova Scotian (the third Canadian), and the first Black person in the British empire to receive the Victoria Cross.

The location was chosen to honour the legacy of *William Hall*, as well as the contributions of other Black Canadian naval members whose service has historically been overlooked.

Commissioned in 2024, HMCS *William Hall* carries forward the legacy of its namesake and has since completed several missions and operations throughout

the North Atlantic and the Mediterranean.

While deployed in late May 2025 in support of Operation CARIBBE, HMCS *William Hall* worked alongside a United States Coast Guard (USCG) Law Enforcement Detachment to seize more than 1,300 kilograms of cocaine in the Caribbean Sea. These actions formed part of Canada's ongoing contribution to the United States-led Enhanced Counternarcotics Operations under Joint Interagency Task Force South.

In August 2025, Cdr Kelemen also led HMCS *William Hall* on Operation NANOOK, sailing north to reinforce Canadian sovereignty in the Arctic. The ship transited the Northwest Passage into the Kivalliq Region of Nunavut, stopping in Coral Harbour and Rankin Inlet, marking its inaugural visit to the region. During the deployment, the ship's company engaged with local communities, including participation in a community trade show. Cdr Kelemen also took part in a panel discussion on changes in

Arctic security, sharing insights on the impact of evolving geopolitical dynamics in the North.

Cdr Kelemen's handover of command marks a milestone for the ship and the Royal Canadian Navy, Cdr Ruggles begins the year as the second commanding

officer of the fourth Arctic and Offshore Patrol Vessel in the Atlantic fleet.

As he assumes command of HMCS *William Hall*, Cdr Ruggles looks ahead to continuing the ship's operational legacy while preparing to meet the challenges of future deployments.

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PTE AL ROY ERENO

## A warm farewell to the holidays at 12 Wing

Members at 12 Wing Shearwater said goodbye to their Christmas trees in style on January 22 during a Wing bonfire. Firefighters from Shearwater Fire and Emergency Services were on hand to ensure the burn was safe and contained at all times.

## DND firefighters ready to test their skills

By Griffin Bjerke-Clarke,  
Trident Staff

**The second annual Tactical Firefighter Games (TFG)** are set for February 16–27, featuring physical and mental challenges aimed at promoting camaraderie through friendly competition.

Since the inaugural TFG event of March 2025, attendance has doubled, with more Canadian Armed Forces (CAF) fire halls signing on, including the CFB Halifax Fire Department and 12 Wing Shearwater Fire and Emergency Services, who will each have members competing for the first time.

For the TFG, firefighters from the National Defence Fire Service will compete at their local base gyms across the country, under the coordination of PSP staff, in a test of key skills associated with the job. While participants do not travel, results are tracked nationally, allowing firefighters to measure their performance against peers across the service. Participants must complete a circuit of nine challenges over two hours, combining strength, endurance, and problem-solving. Tasks include loaded box setups, trap bar carries, sandbag drags, and sledgehammer tire slams, with added cognitive challenges at both the opening and conclusion of the event designed to test focus under fatigue. Prizes will be awarded to top performers at the end of the competition.

In a message sent to DND fire halls to help launch this year's PSP-led

event, Canadian Forces Fire Marshal Lieutenant-Colonel Jean-Marc Fugulin described the games as a vehicle to demonstrate the capabilities of DND firefighters while building connections across the profession.

“I think it’s really important that we come together,” he said.

“The inaugural games in March 2025 were a success,” he added, recalling a “challenging event filled with friendly competition, teamwork, and unforgettable moments, setting the stage for an even bigger second edition this year.”

“Get ready to push your limits, showcase your strengths, and build team spirit, all while having fun.”

Cpl Evan Canning is competing in the TFG later this month and represented the Shearwater fire hall behind the scenes during planning meetings with PSP staff and firefighters across the CAF.

“I love the whole idea and I’m excited to be part of it. I put my name in as a participant right away,” he said.

Borrowing from his background in the Military Police service, he suggested the games also include cognitive challenges oriented to the specific mental demands of firefighters.

Cpl Canning recommended a challenge in which each participant is shown a photo of an accident and given 30 seconds to memorize as many details as possible, before being quizzed on those

details at the conclusion of the circuit. The challenge was based on the RCMP exam and replaced previous cognitive tasks that were not aligned with the specific mental demands of firefighting.

12 Wing firefighters regularly respond to medical calls, where they must keep patients stable while awaiting the arrival of ambulances, which can take time to reach Shearwater. These medical calls are the most frequent for base fire departments and can be mentally taxing, he said.

As the games continue to grow, Cpl Canning added that he hopes connections between fire halls will increase. Communication between units has tradi-

tionally been limited, making events like the TFG all the more valuable, he said.

The TFG committee has also discussed a future shift from individual to team competition. Cpl Canning said he has pushed for this as a way to better reflect the collaborative nature of firefighting.

“Being an MP, you’re more of an individual,” said Cpl Canning. “You’re going to calls by yourself, you’re assessing situations by yourself. But as a firefighter, you don’t leave this hall by yourself. You’re going with your team.”

“It would be great to see that reflected in the games.”



Cpl Evan Canning is a firefighter with Shearwater Fire and Emergency Services. He will be competing in the Tactical Firefighter Games later this month and also played a role behind the scenes supporting this year’s event.

RYAN MELANSON



*S1 Atlas Del Mar has been named the latest Canadian Fleet Atlantic Sailor of the Quarter. The recognition was presented by Cmdre Jacob French, Commander Canadian Fleet Atlantic and CPO1 Paul Greene, Acting Fleet Chief on January 28.*

MONA GHIZ

## Atlantic Fleet's BJJ black belt named Sailor of the Quarter

Trident Staff

**A common Navy motto is “Ready to help, ready to lead, and ready to fight,”** and few sailors embody that statement as fully as Sailor 1st (S1) Class Atlas Del Mar. Recognized for his professionalism, leadership, and commitment to both operational excellence and community engagement, S1 Del Mar was recently named Canadian Fleet Atlantic's Sailor of the Quarter.

In a note accompanying the nomination, the Commanding Officer of HMCS *Frédéric Rolette*, LCdr Justin Milley, highlighted Del Mar's exceptional dedication to his ship and to the Royal

Canadian Navy (RCN) more broadly.

“He promotes fitness with his continued work in combat sports, as well as teaching discipline and respect, both of which are core values of the CAF,” LCdr Milley wrote, adding that Del Mar has also frequently volunteered his personal time in his role as Unit Public Affairs Representative (UPAR) to ensure his ship and unit are reflected positively within the wider community.

Throughout the last quarter of 2025, S1 Del Mar excelled in his primary role as a Boatswain while simultaneously taking on significant secondary responsibilities

as UPAR and MARLANT Grappling Representative. In his UPAR role, supervisors say he demonstrated a clear vision for the position and an ability to adapt his communication style to suit different needs, helping to showcase the RCN to both domestic audiences and international military and civilian leaders.

Beyond his shipboard and public affairs duties, S1 Del Mar has become a central figure in the local and regional CAF grappling community. As head coach of the HERO Grappling Club at Stadacona, he's been credited with demonstrating selfless, team-focused

leadership, even taking leave to prepare athletes for the CAF Regional Grappling Camp in November. Recently earning his Brazilian jiu-jitsu black belt, a major individual achievement, S1 Del Mar now brings an even higher level of technical expertise to the mat, strengthening his effectiveness as both a coach and mentor.

S1 Del Mar has made a lasting impact on unit morale, performance, and community engagement. Shipmates say his willingness to help others, whether on the ship or on the mats, makes him a deserving recipient of the Sailor of the Quarter honour.

## Get ready for Security Awareness Week 2026!

By DND

The office of the Director General, Defence Security is pleased to launch Security Awareness Week 2026!

Our theme this year is “Security starts with you!” This message reminds us that, through our individual efforts, we collectively contribute to protecting our employees, Allies, operations and institutions.

This week's topics include:

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# SPORTS & FITNESS



The CFB Halifax Mariners women's team is seen in action against the Gagetown Warriors during the 2026 CAF Atlantic Regional Hockey Championship. The tournament was held from February 3-6 at 14 Wing Greenwood.

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Group photo: The 2026 CFB Halifax Mariners women's hockey team.

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## Mariners fall to Gagetown after double OT at hockey finals

Trident Staff

The CFB Halifax Mariners women's hockey team came up just short of regional gold at the 2026 Canadian Armed Forces Regional Hockey Championship, falling 3-2 to the Gagetown Warriors after a nail-biting double-overtime final.

Held from February 3-6 at 14 Wing Greenwood, the tournament featured teams from CFB Halifax, 14 Wing

Greenwood, and 5th Canadian Division Support Base Gagetown.

The Mariners reached the gold-medal match after a close-fought loss to start the week, going down 4-3 to Greenwood in the opening match. They rebounded with a 2-1 win over the eventual champions from Gagetown, followed by a dominant 7-1 victory against Greenwood

in the semi-finals.

The final took place on February 6. After trailing 2-0 in the first period, the Mariners answered back in the second, with goals from Corporal (Cpl) Amber Kronenburg and Cpl Sophia Bell. Lieutenant (N) Caroline O'Connor and Cpl Melanie Sirois earned assists.

The 2-2 tie held through nearly three

full periods before Gagetown secured the decisive goal late in double overtime.

The Mariners return home with the silver medal, while Gagetown claims regional gold for the 2026 season.

## Get involved in your unit's fitness: Become a CAF FORCE Evaluator

By PSP

Help strengthen our local fitness culture and support your teammates by becoming a certified Canadian Armed Forces (CAF) FORCE Evaluator. This hands-on qualification empowers members to play an active role in delivering the FORCE Evaluation while building their own leadership and fitness knowledge.

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

Operations Manual. Please note – PSP Staff must be the lead evaluator to test Regular FORCE members. CAF Evaluators can only evaluate Reserve Force members unsupervised. There will be opportunities to assist with FORCE testing upon successful completion of the workshop.

### 2026 Workshops:

29 May 26 (nomination deadline:

24 Apr 26)

11 Sept 26 (nomination deadline:

07 Aug 26)

04 Dec 26 (nomination deadline:

30 Oct 26)

**Location:** Fleet Fitness and Sports Centre  
**Time:** 7:30 a.m. - 3:30 p.m.

### Prerequisites:

Successfully completed the FORCE evaluation in the past 12 months

Rank of Corporal (Cpl), Sailor First Class (S1) and above

Currently qualified in Standard First Aid and CPR

You must complete about 3 hours of DLN modules and an exam prior to the scheduled workshop. Contact your local Fitness Coordinator at [Briana.Plante@forces.gc.ca](mailto:Briana.Plante@forces.gc.ca) to register.