



# TRIDENT

www.tridentnewspaper.com

THE NEWSPAPER OF MARITIME FORCES ATLANTIC SINCE 1966 • LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966

## Ice Walk

*Lieutenant (Navy) Kerbiriou and Sailor 1st Class Fish are seen walking on the ice as His Majesty's Canadian Ship (HMCS) Robert Hampton Gray comes to a halt in the vicinity of the Beaufort Sea on October 4. The ship is operating under Operation LATITUDE, consisting of joint, multi-domain operations in the Arctic. The operation also includes HMCS Ottawa and HMCS Max Bernays, as well as participation from Royal Canadian Air Force, Canadian Special Operations Forces Command, Canadian Coast Guard partners, and long-standing cooperation with U.S. armed forces.*

CPL MITCHELL PAQUETTE





From left, S1 Brandon Wannamaker and S1 Christopher Wannamaker.

S1 MCKAYLA RYCE



HMCS Edmonton (centre) and HMCS Moncton (right) sailing in Danish waters as part of SNMCMG1 in October.

NATO MARITIME COMMAND

# Seeing double on the seas

By SLt Taylor Rhuland

**Sailor 1st Class (S1) Christopher Wannamaker** and **Sailor 1st Class (S1) Brandon Wannamaker**, twin brothers and Cooks in the Royal Canadian Navy (RCN), both deployed to Operation REASSURANCE in September 2026.

Originally from Mount Uniacke, Nova Scotia, the brothers moved to Eastern Passage and attended Charles P. Allen High School. Growing up, the twins were often confused for one another, so it may come as no surprise that they both decided to join the Canadian Armed Forces (CAF) at 17, and both chose the same trade as Cooks.

The Wannamaker brothers both developed an interest in the culinary arts at

a young age, making a career as a Cook in the Navy a natural fit. Culinary skills run in the family, as the brothers shared that they have an uncle who had the opportunity to cook for Queen Elizabeth II on two separate occasions.

Although the twins share plenty in common, their individual personalities and interests have also shaped their experiences in the RCN. S1 Christopher Wannamaker enjoys cooking at sea and continuing to expand his culinary skills while deployed, while S1 Brandon Wannamaker said he particularly enjoys the opportunity to travel and experience new places. S1 Christopher Wannamaker's favourite moment of this deploy-

ment was visiting Iceland for the first time, while S1 Brandon Wannamaker has especially enjoyed working alongside the crew.

The brothers are currently serving aboard different ships within the deployment. S1 Brandon Wannamaker is serving aboard His Majesty's Canadian Ship (HMCS) *Moncton*, while S1 Christopher Wannamaker is aboard HMCS *Edmonton*. Remarkably, this is not the first time the twins have deployed together; it is their second deployment alongside one another, despite serving on two different ships both times.

For the twins, having a brother deployed alongside you adds a unique connection to an already memorable experience. While they may be separated by the decks and crews of two different ships, they are still sharing the same deployment, the same mission and

many of the same experiences. At the same time, both take pride in representing Canada and their home province of Nova Scotia while serving abroad. And although having your twin nearby makes being away from home a little easier, both said they still appreciate the support of their family back home in Nova Scotia.

Looking back on their decision to join the CAF, neither brother would have done anything differently. For S1 Brandon Wannamaker, the Cook trade is a career anyone can learn from the ground up. "You don't need to know anything about cooking. The Forces teaches you from the ground up, and you perfect your skills over time." S1 Christopher Wannamaker agrees, describing the trade as "super enjoyable to get into," adding that "once you find your rhythm, it gets easy."

**TRIDENT**  
www.tridentnewspaper.com

Editor:  
Ryan Melanson  
[ryan.melanson2@forces.gc.ca](mailto:ryan.melanson2@forces.gc.ca)  
902-721-8358

Editorial Advisor:  
Margaret MacDonald  
[margaret.macdonald@forces.gc.ca](mailto:margaret.macdonald@forces.gc.ca)  
902-721-0560

Editorial Advisor:  
Ariane Guay-Jadah  
[ariane.guay-jadah@forces.gc.ca](mailto:ariane.guay-jadah@forces.gc.ca)  
902-721-8341

Journalist:  
Nathan Stone  
[stone.nathan@cfmws.com](mailto:stone.nathan@cfmws.com)  
902-721-8624

Trident is an authorized military publication, published with the permission of Rear-Admiral Pascal Belhumeur, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Canadian Forces Newspapers Policy. Deadline for advertising is 10 a.m. on the Wednesday before the week of publication. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily

reflect the opinions or endorsements of the Department of National Defence, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Pascal Belhumeur, commandant de la Force opérationnelle interarmées de l'Atlantique. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugés contraires aux objectifs d'un journal militaire selon la définition donnée à la Politique des

journaux des Forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 10 h le mercredi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

**Courier address:**  
Canadian Forces Base Halifax  
Building S-90  
Suite 329, P.O. Box 99000  
Halifax, N.S., B3K 5X5





# Paws for a Good Cause: NDWCC Bring Your Dog to Work Day

On Wednesday, October 28, and Tuesday, November 24, 2026 Canadian Forces Base (CFB) Halifax will be hosting Bring Your Dog to Work Day in support of the Halifax Region National Defence Workplace Charitable Campaign (NDWCC). We encourage all Defence Team members looking to participate in this event to refamiliarize themselves with the rules to ensure everyone has an enjoyable day.

## Rules

Prior to Bring Your Dog to Work Day

- Obtain your supervisor approval \*this is VERY important and mandatory!
- Ensure your coworkers are comfortable with you bringing a dog, especially in a shared workplace
- Pet-proof your office, where necessary, including limiting access to hazards, fragile items, and technical equipment
- No dogs in hazardous workspaces

## On Bring Your Dog to Work Day

- Limit of one dog per person
- Come to work prepared: bring doggie

bags, treats, water bowl, and whatever else your pet requires for the day

- Always supervise and clean up after your dog
- Dogs must be on leash while on CFB Halifax grounds
- No aggressive behaviour (dogs must be comfortable around people and other animals)

**Donation:** \$10 (cash only) to be passed along directly to your [NDWCC Unit Representative](#).

CFB Halifax would love to see photos of local Defence Team members at work with their pups. If you are interested in sharing your photos on CFB Halifax social media, please send them to [cfbhalifaxpublicaffairs@forces.gc.ca](mailto:cfbhalifaxpublicaffairs@forces.gc.ca) by 12 p.m. (Atlantic) on October 28.

Please note that the next Bring Your Dog to Work Day will take place on Tuesday, November 24.

Monitor the MARLANT splash page, [NDWCC Events/Initiatives page](#), Base-wide emails, and CFB Halifax social media channels for details.



*Expect to see furry visitors around CFB Halifax on both October 28 and November 24, as the popular Bring Your Dog to Work Day initiative returns in support of NDWCC.*

SUBMITTED



## NDWCC Raffle:

## Win RAdm Belhumeur's Parking Spot!

Rank has its privileges, and for Rear-Admiral (RAdm) Pascal Belhumeur, Commander of Maritime Forces Atlantic and Joint Task Force Atlantic, one of them is a reserved parking spot right outside Formation HQ at D201. RAdm Belhumeur lives on base and the spot doesn't get much use, so he's raffling it off for a good cause!

As part of the 2026 Halifax Region National Defence Workplace Charitable Campaign (NDWCC), Maritime Forces Atlantic (MARLANT) HQ is pleased to offer you the opportunity to win RAdm Belhumeur's parking spot from November 1, 2026, to March 31, 2027, inclusive!

**Ticket Sales:** Wednesday, October 21

**Tickets:** \$5/1 ticket or \$10/3 tickets;

Cash only

**Time:** 1145 hrs to 1215 hrs

**Location:** Main floor lobby, Building

D201, HMC Dockyard

**Draw Date:** Monday, October 26

**Please note:** If you are unable to make it to D201 during the scheduled times but would still like to purchase tickets, please contact SLt Joachim, MARLANT HQ NDWCC OPI, at [james.joachim@forces.gc.ca](mailto:james.joachim@forces.gc.ca)

All proceeds from ticket sales will go towards the Halifax Region NDWCC and the important organizations and initiatives the campaign supports. Thank you for your continued generosity and support.

We look forward to seeing you at the ticket table and wish everyone the best of luck in the draw.

*Ticket Lottery Permit # AGD-374954-26*





CANSOFCOM COMFOSCAN



## CANSOFCOM Information Briefing Session d'information du COMFOSCAN

OPEN TO ALL DEFENCE TEAM MEMBERS  
OUVERT À TOUS LES MEMBRES DE L'ÉQUIPE DE LA DÉFENSE



**Halifax**

**28 Oct @ 1300 - 1500  
S120 Drill Hall**

**28 Oct @ 1830 - 2000  
Juno Tower Oberson Room**



*HMCS St. John's is seen sailing alongside German auxiliary ship FGS Berlin during Exercise STRIKE WARRIOR.*

RCN

## HMCS *St. John's* completes final major readiness training ahead of 2027 deployment

By Trident Staff

His Majesty's Canadian Ship (HMCS) *St. John's* has completed Intermediate Multi-Ship Readiness Training (IMS-RT), bringing the ship one step closer to deploying as the flagship of Standing NATO Maritime Group 2 (SNMG2) in 2027.

The Royal Canadian Navy (RCN) frigate completed IMSRT at the conclusion of Exercise STRIKE WARRIOR 26-2, a multinational exercise held in Scotland and the North Atlantic approaches. IMSRT is the final all-ship readiness training the ship must complete before deploying under Operation REASSURANCE next year.

During the exercise, HMCS *St. John's* operated alongside Allied naval forces as part of a multinational maritime task group, participating in anti-submarine warfare training, maritime security operations, air-maritime integration activities and command-and-control exercises.

The exercise brought together military personnel and capabilities from Canada, Denmark, France, Germany, the Netherlands, Norway, Portugal and the United

Kingdom to strengthen interoperability and prepare forces for complex maritime operations.

"Exercise STRIKE WARRIOR tested our ship's company in a demanding, realistic environment and demonstrated what can be achieved when Allied forces operate as one team," said Commander Kyle Aubrey, commanding officer of HMCS *St. John's*, in a news release. "HMCS *St. John's* leaves this exercise sharper, more integrated, and ready to contribute wherever Canada and our Allies need us."

The completion of IMSRT marks an important step in HMCS *St. John's*' preparations for its 2027 deployment as the flagship of SNMG2 under Operation REASSURANCE, Canada's contribution to NATO assurance and deterrence measures in Europe. HMCS *Ville de Québec* is currently deployed under the same operation with Standing NATO Maritime Group 1 (SNMG1), and *St. John's*' deployment will continue these commitments after *Ville de Québec* returns home.



**CAF members get  
exclusive home and  
auto insurance rates**

**Les membres des FAC  
bénéficient de tarifs  
d'assurance auto et  
habitation exclusifs**

[thepersonal.com/cfmws](https://thepersonal.com/cfmws)

[lapersonnelle.com/sbmfc](https://lapersonnelle.com/sbmfc)



**thePersonal**

Home and Auto Group Insurer

Group rates. Preferred service.





**laPersonnelle**

Assureur de groupe auto et habitation

Tarifs de groupe. Service unique.

The Personal refers to The Personal General Insurance Inc. in Quebec and The Personal Insurance Company in all other provinces and territories. The Personal® and related trademarks are trademarks of The Personal Insurance Company, used under licence. Certain conditions, limitations and exclusions may apply.

La Personnelle désigne La Personnelle assurances générales inc. au Québec et La Personnelle, compagnie d'assurances dans les autres provinces et territoires. La Personnelle<sup>MD</sup> ainsi que les marques de commerce associées sont des marques de commerce de La Personnelle, compagnie d'assurances, utilisées sous licence. Certaines conditions, limitations et exclusions peuvent s'appliquer.



The view from HMCS Sackville off Point Pleasant Park in Halifax on September 17.

CNMT

Doug Jarvis (left) and crewmates aboard HMCS Brantford in 1944, showing off their catch of cod.

SUBMITTED

# Families say ‘a final goodbye’ aboard HMCS Sackville

By Nathan Stone,  
Trident Staff

The cremated remains of 12 people, including 11 former Canadian Armed Forces members, were committed to the sea on the morning of September 17 from His Majesty’s Canadian Ship (HMCS) *Sackville*, Canada’s Naval War Memorial.

The ship was towed to the mouth of Halifax harbour, across from the Halifax Memorial in Point Pleasant Park, for the ceremony.

On the aft deck, ship’s Chaplain Andrew Cooke recited a prayer for each committal as families read eulogies. Family members then watched as a small box holding their loved one’s remains slowly disappeared beneath the waves.

Among the 12 was Charles Anthony Goode, the son of Captain (Navy) (Retired) Anthony Goode, a long-time trustee of the Canadian Naval Memorial

Trust (CNMT). Charles, an avid surfer, died suddenly three years ago due to a heart condition.

His father said committing his son’s remains to the sea was a way to respect his deep love for the ocean.

“It brings closure,” Capt(N) (Ret’d) Goode said of the ceremony. He also plans to be committed to the sea after his own passing.

“I can’t think of a better way to memorialize my life,” he said.

Commander (Cdr) (Retired) Garry Reddy, HMCS *Sackville*’s Commanding Officer, noted the ship has been conducting committals at sea since 1985. While some are still done aboard active Royal Canadian Navy ships, *Sackville* performs the majority.

Cdr (Ret’d) Reddy said preparations begin about two months before each cer-

emony. No committals took place during the COVID-19 pandemic, creating a backlog of families waiting to commit their loved ones. As a result, two ceremonies are currently held each year.

Julia Eisen and her family were aboard to commit their father, Petty Officer Milton Sammas. Before the committal, the family shared a small drink of rye, pouring a little on the box of remains to offer their father one last sip of his favourite drink.

Eisen said the ceremony represented a “final goodbye” to her father. Many families also added their own personal touches to the ceremony.

Kerry Jarvis and his wife Melitta Smole were aboard to commit Kerry’s father, Doug Jarvis. During the Second World War, Doug served as an Able Seaman and radio operator aboard a Flower-class corvette, HMCS *Brantford*, the same class of ship as *Sackville*. Jarvis and the crew of *Brantford* patrolled Atlantic Canada from Newfoundland to the Bay of Fundy.

He was 94 when he died on Oct. 20, 2019.

In August 2005, Kerry joined his father on a pilgrimage to Halifax to see HMCS *Sackville*.

Upon their arrival, Doug was penny-whistled (piped with a bosun’s call)

aboard *Sackville*. He spent the morning examining every inch of the ship, telling stories about his time as a radio operator and remembering his shipmates.

“I was just a shadow,” Kerry said.

Doug rarely spoke about his wartime service before that trip, but he shared one story that day. After the war ended, he was in St. John’s, N.L., still waiting on his pay and discharge papers. When the food on *Brantford* ran out, military police removed him from the ship and put him in jail.

The next day, a captain who happened by took up his case and arranged his papers and pay, so Doug could take a ferry to Nova Scotia and a train home to Toronto.

Kerry still has the telegram his father sent announcing his return.

Kerry decided on a committal at sea after speaking with a retired sailor who connected him with Reddy. A letter sent in May moved quickly through the chaplain’s office, and a ceremony date was offered.

He said his father “would never have expected,” that he would be committed to the sea on the last surviving Flower-class corvette. The connection between Doug, Kerry, and the *Sackville* made the experience “really something special.”



Canadian Armed Forces members attend the 2025 Remembrance Day Ceremony at the Halifax Grand Parade.

CPL MITCHELL PAQUETTE

# Canadian Armed Forces members to begin wearing Remembrance Day poppy on October 24

By DND

Starting this year, Canadian Armed Forces (CAF) members will wear the poppy on all uniforms from October 24 to November 11, aligning with changes in the Royal Canadian Legion’s National Poppy Campaign. Previously, CAF members began wearing the poppy on the last Friday in October. The Canadian Forces

Dress Instructions will be updated to reflect the change. The October 24 start date will provide a consistent national period for remembrance activities in support of Veterans and their families. Wearing the poppy remains a visible symbol of remembrance and reflects the CAF’s respect for

Canada’s fallen, Veterans, and all those who have served. The CAF recognizes and values the Royal Canadian Legion’s longstanding leadership in preserving Canada’s traditions of remembrance. Through the National Poppy Campaign and its support for Veterans, serving members,

and their families, the Legion plays an important role in remembrance across Canada. Members are encouraged to review the detailed guidance and visual representation on wearing a poppy on a CAF uniform in the [Dress instructions | Section 7 Accoutrements](#).



## Five Eyes partners meet in Halifax for maritime warfare working group

From September 21 to 25 nearly 90 military representatives, defence scientists and warfare development experts from Australia, Canada, New Zealand, the United Kingdom and the United States gathered in Halifax for the annual Maritime Warfare Working Group. Hosted by Canada, the Five Eyes forum gives partner navies an opportunity to share lessons learned, discuss tactics and capabilities, and strengthen interoperability across surface, air, undersea, information and mine warfare, as well as unmanned systems. The discussions help improve how Five Eyes navies work together and support greater coordination and readiness across the maritime domain.

LE CPL LARRY STIVER



# Round Dance marks National Day for Truth and Reconciliation

A Round Dance was held aboard His Majesty's Canadian Ship Harry DeWolf on September 28, ahead of the National Day for Truth and Reconciliation and Orange Shirt Day on September 30. The Round Dance is a traditional ceremony and social gathering in Indigenous cultures, symbolizing healing, connection and the celebration of life through song and movement. Elder, Honorary Captain and retired Chief Petty Officer 2nd Class Debbie Eisan shared the teachings and meanings of the dance with participants. Canadian Forces Base Halifax offered thanks to all those involved, including guests from the Mi'kmaw Native Friendship Centre and members of the Atlantic Defence Indigenous Advisory Group.

CPL ANTONIO GARCIA ALVAREZ

22<sup>ND</sup> ANNUAL

MOOSEHEADS

DND APPRECIATION NIGHT



SATURDAY, NOVEMBER 14TH

7 PM AT THE SCOTIABANK CENTRE

| TICKETS    | REGULAR | DND NIGHT  |
|------------|---------|------------|
| LOWER BOWL | \$30    | \$25 EACH! |
| UPPER BOWL | \$26    | \$12 EACH! |

For more Information please contact: (902) 721-7805

GET YOUR UPPER BOWL TICKETS **WITHOUT FEES** AT THE FOLLOWING LOCATIONS

Monday - Friday | 0900 - 1500hrs

Corporate Sponsorship Office,  
CFB Halifax, Building S90, Room 130  
902-721-7805

Stadacona Fitness and Sports Centre  
902-721-0133

Shearwater Fitness, Sports and Recreation Centre  
902-720-1071



SCAN HERE TO PURCHASE TICKETS ONLINE!  
Link cannot be viewed on secure networks



# SPORTS & FITNESS



WO Jim Hastey (centre) alongside 36 Canadian Brigade Group Deputy Commander LCol Thomas Murphy and Sergeant Major CWO Russel Anstey.

RYAN MELANSON

## WO Hastey caps off a career-long commitment to fitness

By Trident Staff

“They joke, ‘Oh you’re 65 years old!’ I say, yeah, but you guys have to keep up with me,” says Warrant Officer (WO) Jim Hastey.

For WO Hastey, keeping pace with colleagues less than half his age was the result of a commitment to physical fitness that spanned decades. When he retired on October 8, just one day before his 66th birthday, he left behind an [impressive record in the Canadian Armed Forces Physical Fitness Awards of Aerobic Excellence](#) program, along with an example of the importance of maintaining an active lifestyle throughout an astounding 47-year military career.

The Personnel Support Programs (PSP) initiative gives CAF members a way to track their aerobic activity, set long-term fitness goals and earn recognition for their efforts. Participants record the time or distance spent on eligible

exercises, with activities including running, walking, cycling, rowing and swimming.

WO Hastey began participating in the program while serving in Germany in 1989. Since then, he has tracked his aerobic activity through postings and appointments, making regular exercise a lasting part of his routine.

Each activity earns units according to the program’s criteria. For example, running one kilometre earns one unit. Participants receive a seal for every 2,000 units of aerobic activity completed. After earning six seals, they complete a scroll and begin working toward the next level.

At retirement, WO Hastey completed the second seal of his sixth scroll, amounting to 74,000 points of physical activity. That achievement is equivalent to travelling the distance of approxi-

mately 1,750 marathons.

Although running accounted for much of his activity earlier in his career, WO Hastey eventually incorporated more variety into his workouts.

“I try to work out at least four or five times a week... biking, walking, a little bit of swimming, a little bit of boating; stuff like that,” he said.

That consistency helped him maintain his fitness into his 60s and continue training alongside younger Army Reservists at 36 Service Battalion. He also encouraged colleagues to prioritize their own physical activity, using his experience in the program to give them incentives to push themselves.

Regular aerobic exercise can also help members prepare for the running components of the annual Fitness for Operational Requirements of Canadian Armed Forces Employment (FORCE)

evaluation, including the 20-Metre Rushes and Intermittent Loaded Shuttles.

“I’ve never failed a fitness test,” WO Hastey added.

His decades of commitment to fitness were recognized during a Depart with Dignity ceremony at Windsor Park on October 8. WO Hastey received a certificate acknowledging his significant contribution to the PSP program, among several presentations made by current and former colleagues.

“This recognizes not only Jim’s dedication to physical fitness, but also the example he has set for generations of soldiers,” said Master Warrant Officer Victoria Robbins, the current Company Sergeant Major of 36 Service Battalion (a position held not long ago by WO Hastey), who emceed the ceremony.

In his remarks, WO Hastey focused on the colleagues he had worked alongside throughout his career and how proud he was to see them progress. He advised them to take initiative, maintain fitness and eat a balanced diet as keys to success in the CAF.

“I’m ready to walk away because I know people are going to step up to the plate and have it all covered.”



Members of the CFB Halifax HERO Grappling Club participated in a team day on September 17. Leading the day were (from left) guest instructors MCpl Eric Nevitt and Maj James Locke, assistant coach PO1 Chris Evans, morning coach Lt(N) Michael DeSaulniers, and club founder S1 Atlas Del Mar.

SUBMITTED

# Grappling offers lessons beyond the mats, instructors say

By Trident Staff

Members of the HERO Grappling Club came together for a team day on September 17, focused on shared instruction, skill development and recognition of the progress made by the military grappling community.

Based at Canadian Forces Base Halifax, HERO Grappling was founded in 2024 by S1 Atlas Del Mar to give Canadian Armed Forces (CAF) members an opportunity to develop Brazilian Jiu-Jitsu (BJJ) skills while building fitness, confidence and connections across ranks, occupations and service elements.

The team day brings together mem-

bers who might otherwise train at different times or have different levels of experience. Alongside shared instruction, it provides an opportunity to celebrate the commitment members have shown over recent months, with stripes and new belts awarded to students who have earned them.

For the club's instructors, the benefits of grappling extend well beyond the techniques learned on the mats. The sport can help members develop resilience, adaptability, and confidence while creating a community where everyone has something to learn and something to contribute.

## Lieutenant (Navy) (Lt(N)) Michael DeSaulniers

Lt(N) DeSaulniers, officer in charge at the Naval Reserve Coordination Centre in Halifax, has trained in Brazilian Jiu-Jitsu for approximately nine years and holds a brown belt. In 2025, he helped establish HERO Grappling's morning class, giving CAF members an opportunity to train before reporting for duty.

Lt(N) DeSaulniers credits grappling with helping him prepare for Basic Training and Officer Basic Training after joining the CAF at the age of 42. He believes the sport develops perseverance, adaptability and mental toughness alongside physical conditioning. He's also seen members gain confidence in professional settings and improve their performance in other CAF sporting activities. The aim, he said, is to make those benefits accessible to members regardless of rank, experience or career stage.

## Master Corporal (MCpl) Eric Nevitt

A Royal Canadian Air Force member and Brazilian Jiu-Jitsu black belt, MCpl Nevitt has spent 17 years training in the sport. His involvement in CAF Grappling began after a posting to 12 Wing Shearwater in 2018, where he became involved in the local military and civilian grappling communities and took on an instructional role.

MCpl Nevitt feels the greatest strength of Brazilian Jiu-Jitsu is the community it creates. Although often viewed as an individual sport, progress depends on training partners who learn together, solve problems and help each other improve. As a cancer survivor, he also draws on lessons about perseverance and adapting to difficult circumstances. The ability to keep moving forward, he believes, is relevant both on and off the mats.

## Major (Maj) James Locke

Maj Locke of the Royal Canadian Corps of Signals has taught Brazilian Jiu-Jitsu and military combatives within the CAF for more than 15 years. He believes all sailors, soldiers and aviators should have a fundamental level of self-defence knowledge, skill and confidence. He says grappling is one way to develop the fitness, discipline and composure that can contribute to military readiness, with consistent training helping members prepare for challenges before they arise.

## Sailor 1st Class (S1) Atlas Del Mar

S1 Del Mar began training in Brazilian Jiu-Jitsu in 2008 and earned his black belt in December 2025. After joining the CAF in 2017 and becoming involved in the local grappling community, he established HERO Grappling to create opportunities for members to develop skills and relationships that extend beyond their regular training sessions.

His vision is for CAF Grappling to continue expanding, with more opportunities for regional and national competition and ways for deployed and seagoing members to maintain their training. Having benefited from the guidance of coaches and training partners throughout his own journey, S1 Del Mar says he's now working to pass that knowledge on to others.

The HERO Grappling Club currently meets at Stadacona building S120 in the Hand-to-Hand Combat Training Room. Classes begin at 7 a.m. on Mondays, Wednesdays, and Fridays, with evening classes at 4:15 p.m. on Tuesdays and Thursdays. Reach out to [atlas.delmar@forces.gc.ca](mailto:atlas.delmar@forces.gc.ca) or [michael.desaulniers@forces.gc.ca](mailto:michael.desaulniers@forces.gc.ca) for more information.



**The War Amps**

You can give child amputees the artificial limbs they need to thrive.





**See your impact at [waramps.ca](http://waramps.ca)**