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TRIDENT

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



Putting capabilities to the test

A Search and Rescue crew from 413 Transport and Rescue Squadron in 14 Wing Greenwood hoists RAdm Brian Santarpia, Commander MARLANT and JTFA, aboard HMCS Summerside from a CH-149 Cormorant helicopter during an exercise in the Bedford Basin on March 12. RAdm Santarpia visited 14-Wing Greenwood for a tour of the facilities and to get first-hand experience with their aircraft and SAR equipment.

CPL JESSICA FOX, 14 WING IMAGING



Veterans Affairs Canada introduces expanded focus for commemorations

By Joanie Veitch,
Trident Staff

How do you continue to honour veterans and their stories from the First and Second World Wars, and the Korean War, while broadening the lens on Remembrance Day and other commemorative events to include the experiences of all veterans, expanding beyond traditional anniversaries and battles?

That's the question Veterans Affairs Canada (VAC) is asking as they work on a 10-year strategic plan that aims to expand the focus of commemoration activities, in consultation with a Commemoration Advisory Group, other stakeholders and veterans themselves.

"As time passes, it's important that the way we remember those who've worn the uniform continues to evolve. Our goal here is to make sure that we recognize and pay tribute to all of the brave Canadians who've stepped forward to serve—not just in the wars we so often think about, but also in the more modern day missions and operations that have followed them,"

Minister of Veterans Affairs Lawrence MacAulay said in a recent livestream event to announce the plan.

Starting this month and continuing through 2021, VAC will consult with veterans and veterans' organizations, former and current Canadian Armed Forces members, former and current RCMP members who served in international peacekeeping missions, and their families, to share their ideas about recognition and remembrance.

According to VAC spokesperson Emily Gauthier, the goal is to continue to share stories and mark key anniversaries from the First and Second World Wars, and the Korean War, at ceremonies at home and abroad, while adding more recent stories and contributions from international security, peace support and humanitarian missions, as well as domestic operations here at home.

"By expanding our scope, it is our hope that each person who served this country sees themselves in the

stories we share, and feels included and recognized for their service," Gauthier said. "Canada's landscape is changing and the expanded scope in commemoration is intended to recognize that CAF members' experiences are different than those who served before them. It is intended to acknowledge the evolving and diverse nature of Canada and its military—22 per cent are new citizens who may have little knowledge of Canada's military contribution to peace and security in the world."

Dr. Lee Windsor is a member of VAC's Commemoration Advisory Group. A military historian and former member of the Canadian Armed Forces, Dr. Windsor teaches at the University of New Brunswick in Fredericton and is The Fredrik S. Eaton Chair in Canadian Army Studies at UNB's Gregg Centre for the Study of War and Society.

"What I think is exciting about this new approach is that the im-

petus is coming from the veterans themselves," he said. "From my own experience as a historian, the way our commemorative process materialized at the end of the First and Second World Wars was essentially organic and grassroots. It was the veterans and their families who drove the process—that's how our cenotaphs got built across the country and that's the way the ceremonies got organized—it was not driven by Ottawa, it was directed by the people who served. And it seems to me that's what's happening again."

In the coming weeks and months, VAC will be reaching out to Veterans organizations and partners to try to "spread the word among their membership and networks," Gaultier said.

To find out more about the new approach, or to register to share ideas and thoughts about how best to recognize and commemorate veterans' experiences, go to: <http://letstalkveterans.ca/commemoration>.

Operation NANOOK-NUNALIVUT



Joint Task Force North CWO Sherri Forward (bottom-left) and Commanding Officer BGen Patrick Carpentier (bottom, second from left) pose with dive team members of Fleet Diving Unit (Atlantic) at the dive site in Great Slave Lake, Yellowknife, NT during Operation NANOOK-NUNALIVUT on March 4.

CPL SIMON ARCAND, FORMATION IMAGING SERVICES



Cpl Mathieu Lavoie returns from a dive operation with a thumbs up signal during Operation NANOOK-NUNALIVUT on March 3.

CPL SIMON ARCAND, FORMATION IMAGING SERVICES



Anniversary of the Liberation of Kuwait

February 28 marked the 30-year anniversary of the end of the Gulf War and the Liberation of Kuwait. In this photo, HMC ships Athabaskan, Protecteur and Terra Nova conduct a replenishment-at-sea while en route to the Persian Gulf in September 1990 on Operation FRICTION, Canada's contribution to the US-led international coalition.

MARLANT PA



MS Remi Ducharme was named and was presented the 2020 Exceptional Sailor & Centennial Cup award virtually on March 1 in Halifax.

MONA GHIZ, MARLANT PA

MS Remi Ducharme named RCN's 2020 Exceptional Sailor and Centennial Cup recipient

By RCN Public Affairs

Master Sailor (MS) Remi Ducharme, currently serving onboard Her Majesty's Canadian Ship (HMCS) *Kingston*, has been named the Royal Canadian Navy's (RCN) 2020 Exceptional Sailor and Centennial Cup recipient.

His nomination letter states that MS Ducharme's "work ethic, positive attitude and duty to serve embody the traits that all members of the Canadian Armed Forces should demonstrate, making him an exceptional sailor."

MS Ducharme, who is based in Halifax, received his award March 1 via video conference call from Chief Petty Officer 1st Class Dave Steeves, the RCN Command Chief Petty Officer, on behalf of Vice-Admiral Craig Baines, Commander RCN. Representatives from the Navy League of Canada and Lockheed Martin were also in attendance.

The Weapons Engineering Technician, who held the rank of Sailor 1st Class at the time of his nomination, has since been promoted to his current rank. He received the nomination for his invaluable contributions while serving in his former ship, HMCS *Charlottetown*, which included his

consistent professionalism and expertise on the job. He is also a community volunteer, including at Camp Hill Veterans' Memorial Building, for the local Battle of Britain and 75th Anniversary of D-Day celebrations, as a mentor and instructor in the CF Aboriginal Entry Program, in the ship's Run for Wishes in PEI campaign (which raised over \$26,000 for the Children's Wish Foundation), and for organizing the ship's Family Beach Day.

A fully bilingual sailor, MS Ducharme was selected for several Recruiter for a Day events in Montreal and Rimouski, Que., where he promoted the Navy and answered questions from potential recruits. With his technical background, he was even able to fix problems the recruiting team had with their presentation equipment, ensuring the event could continue without incident.

MS Ducharme has demonstrated his adaptability, accepting a temporary transfer to another ship to fill in during a crew shortage while that ship was on exercise.

Congratulations MS Ducharme on a job well done!



HMCS Windsor begins sea trials

HMCS Windsor departed HMC Dockyard Halifax for sea trials in the Bedford Basin on March 16. It's an early step as the submarine prepares to return to operations for the first time in two years, following maintenance work and modernization upgrades.

MONA GHIZ, MARLANT PA

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Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral Brian Santarpia, 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 Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is 10 a.m., 11 business days prior to the publication date. Material must be accompanied by the contributor's name, address and phone number. 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 DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Brian Santarpia, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les lundis toutes les quinze semaines. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. 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.

Annual Subscription (25 issues):

- NS: \$37.38 (\$32.50 + 15% HST)
- ON, NB & NFLD: \$36.73 (\$32.50 + 13% HST)
- BC: \$36.40 (\$32.50 + 12% HST)
- Remainder of Canada: \$34.13 (\$32.50 + GST)
- United States: \$45 US
- Abroad: \$65 US

Courier address:
2740 Barrington Street,
Halifax, N.S.
B3K 5X5

Publication Mail Agreement No.
40023785

Return undelivered Canadian address to:
Trident Newspaper Bldg. S-93
PO Box 99000
Station Forces, Halifax, NS B3K 5X5
Return Postage Guaranteed
ISN 0025-3413

Circulation: Minimum 8,500

HMCS *Brunswicker* plans for its future while paying tribute to the past

By Joanie Veitch,
Trident Staff

Although a pandemic wasn't on their mind at the time, leadership at HMCS *Brunswicker* employed new technology in the summer of 2019 that ended up putting the unit in an ideal position to deal with COVID-19 restrictions.

The Naval Reserve Division in Saint John, New Brunswick started using video software to open a Moncton satellite location of HMCS *Brunswicker* almost two years ago, so when travel rules and gathering limits came into effect in 2020, the crew was already familiar with working virtually. This meant they could continue their training and work to advance the unit.

"Now everybody is doing virtual meetings, but when it was set up for the reservists in Moncton, the driving force was to give them more quality of life," explains HMCS *Brunswicker* Commanding Officer Cdr Marc Brown.

Prior to the Moncton satellite setting up at 37 Canadian Brigade Group, an Army Reserve unit in Moncton, reservists from the area — many of them with full-time careers and families — had to travel to and from Saint John for training, two times a week and one Saturday a month.

Now instead of a 300-kilometre commute, sailors in Moncton train using video and phone technology to

connect them to *Brunswicker* in Saint John.

"They would work all day then go home and eat supper — if they were lucky — and then drive an hour and a half to Saint John to train for three hours, and then drive back home again. It was rough on them, and rough on their families," said Cdr Brown.

HMCS *Brunswicker's* Moncton satellite unit currently has five reservists, with 14 more in the wings, waiting for their applications and background checks to be approved, a process that slowed down significantly due to COVID-19 restrictions, Cdr Brown added.

"We were really starting to make good headway with recruitment when COVID hit. It set us back a bit but we will get it going again. The main focus for me and our senior leadership is recruiting and getting the message out in the Moncton area that we are here."

Along with efforts to expand opportunities for naval reservists in New Brunswick, Cdr Brown and HMCS *Brunswicker* are also working on a naval memorial project on Saint John's Harbour Passage waterfront trail to begin construction this year.

The new memorial will be a replica of the bow of HMCS *Saint John*, a River-class frigate that served in the



Cdr Marc Brown on a recent video call at HMCS *Brunswicker*.

SUBMITTED



Concept art of the planned Naval Memorial to be installed along the Harbour Passage trail in Saint John, New Brunswick.

SUBMITTED

Second World War and was present during Operation NEPTUNE on D-Day. It will provide a permanent place to mark significant naval dates and anniversaries, and to acknowledge New Brunswick's contribution to the Royal Canadian Navy, said

Cdr Brown.

"New Brunswick has a long naval history that hasn't always been recognized. We want to build this memorial to pay homage to that history and the people who served in the Royal Canadian Navy."



Staying connected in HMCS *Frederickton*

PO2 Josee Monette, left, assists S1 Melanie Farmer while working in HMCS *Frederickton's* Communications Control Room on March 4. The ship is currently alongside HMC Dockyard in Halifax.

CPL RENZO RUIZ HAAS, FORMATION IMAGING SERVICES



CFB Halifax Base Commander statement in honour of the International Day for the Elimination of Racial Discrimination

Hello CFB Halifax,

I write this message to you all as the Champion of our MARLANT Defence Visible Minority Advisory Group (DVMAG). That being said, I fully acknowledge that I am not a member of a visible minority community, and therefore cannot speak about issues of race, discrimination and other such realities from lived experience. I rely heavily on the advice and expertise from our incredible DVMAG co-chairs, Rene Gannon and LCdr Paul Smith, as well as stories from you—our members—to help inform me in this role. The following statement was written with oversight from Rene and Paul; I thank them for their continued guidance and insight.

Each year on March 21, the [International Day for the Elimination of Racial Discrimination](#) (IDERD) is observed across the globe. Today, as we approach this important commemorative day, I hope we can come together (while apart) to reflect on the important work that still needs to be done to eliminate racial discrimination within our organization and promote a culture free from hate, inequity and other barriers to inclusion. This year, the national Defence Visible Minority Advisory Group (DVMAG) team is commemorating IDERD with a thematic focus on inclusivity and culture change across the Defence community. This organizational change we aspire to won't be an easy shift, as racism and other discriminatory behaviours are often fuelled by biases (both conscious and unconscious), societal pressures and long-standing institutional dynamics that see the majority of decision-making power held by one particular group. Further, these forms of discrimination generally don't exist on their own, but are part of a wide range of intersectional discriminatory practices based on sex, gender identity, sexual orientation, class, ability, etc. To affect change at every level of our organization and put an end to discriminatory practices, we are going to need a holistic understanding of these issues and engagement from every sector of our workforce.

Last year, in response to the Black Lives Matter events that sparked a global movement of anti-racist action and solidarity—and in alignment with [CAF/DND](#) and [RCN](#) statements regarding systemic racism in the workforce—CFB Halifax began a critical self-reflection by [acknowledging that racism exists within its ranks](#) and by exploring informed ways of combatting systemic racism. My predecessor consulted extensively with our local DVMAG team, which is something I am honoured to continue doing. Locally, we have actioned a variety of initiatives, such as holding multi-stakeholder roundtable discussions; expanding our Employment Equity team and communications; and orga-

nizing large-scale hateful conduct training for our CAF members. Nationally, new policies addressing hateful conduct—such as [new workplace harassment and violence prevention training](#); a mandatory “Introduction to Indigenous Cultures” course for all CAF members (via the Defence Learning Network); the establishment of the CAF/DND Anti-Racism Secretariat; and the launch of the [MND External Advisory Panel](#) on Anti-Racism and Discrimination (with a focus on anti-Indigenous and anti-Black racism, LGBTQ2+ prejudice, gender bias and white supremacy)—have been created to fight systemic discrimination within our institution. Although these efforts are significant, they are merely a first step on the long road ahead toward meaningful, sustained culture change.

While senior leadership (myself included) do have some influence in this process, we know that our ideas alone are not—and cannot be—the answer. The fact that racial discrimination is an institutionalized problem means we all have a role to play in bringing about real change. This change needs to happen at every level, which means we are committed to working with members at all ranks and classifications to find concrete solutions to building an inclusive, diverse and equitable workforce. Together, we need to listen to and elevate the voices of minority group Defence Team members, learning from their histories, lived experiences and evolving stories. We also need to educate ourselves (and others) to become better allies and citizens while empowering our local Defence community to take action in the hopes of cultivating a more equitable work culture. In saying all this, I acknowledge that we must not lean too heavily on our visible minority members or rely on them to be the problem-solvers for complex issues that were not created by them. We all must do the work; one team, one fight.

This March 21, please take a moment to reflect on how we can all help eliminate racial discrimination and lift each other up in the process. Know that you can always reach out to the DVMAG team (Halifax.DVMAG@forces.gc.ca) as they are a key player in this conversation. This Defence Advisory Group provides advice and insight to DND/CAF leadership on issues relevant to visible minority Defence Team members, and to the effective implementation of employment equity. This group of dedicated volunteers also organizes outreach initiatives; shares educational tools; assists in policy development; promotes maximum participation in self-identification; and recommends concrete solutions to systemic employment barriers. If you are interested in contributing to our efforts to eliminate racial discrimination, joining the DVMAG is a great place to start, and we are always looking for new mem-

bers, regardless of whether or not you identify as a visible minority.

Moving forward, I encourage all of us at CFB Halifax to stand up against discrimination and racism, report hateful conduct when you see it and promote our values of respect for diversity, inclusion and justice whenever possible. We all have an obligation to ensure the safety and well-being of our fellow Defence Team members. And with the ongoing challenges tied to the COVID-19 pandemic, it is more important than ever that we avoid spreading hate, stigma and biases, and instead focus on our ability to support and respect one another each and every day.

I look forward to continuing to work with DVMAG, other key stakeholders and the entire Defence community to tackle this complex issue and bring about meaningful change—something I hope we can accomplish as a team.

Thank you,

*Capt(N) Sean Williams
CFB Halifax Base Commander
MARLANT Defence Visible Minority Advisory
Group (DVMAG) Champion*





Déclaration du Commandant de la BFC Halifax à l'occasion de La Journée internationale pour l'élimination de la discrimination raciale

Bonjour à l'équipe de la BFC Halifax,

Je vous écris ce message en tant que champion du Groupe consultatif des minorités visibles de la Défense (GCMVD) des FMAR(A). Je reconnais toutefois que je ne suis pas issu d'une minorité visible et que je ne peux donc pas parler de questions liées à la race, à la discrimination et à d'autres réalités du genre à partir d'une expérience vécue. Je compte beaucoup sur les conseils et l'expertise des incroyables coprésidents du GCMVD, René Gannon et le capitaine de corvette Paul Smith, ainsi que sur vos témoignages, chers membres du groupe, pour rester informé. La présente déclaration a été rédigée avec l'aide de René et Paul que je remercie pour leurs conseils et leur perspicacité.

Chaque année, le 21 mars, la [Journée internationale pour l'élimination de la discrimination raciale](#) (JIEDR) est célébrée partout dans le monde. Aujourd'hui, à l'approche de cette importante journée commémorative, j'espère que nous pourrions nous unir (tout en étant séparés) pour réfléchir au travail important qui reste à faire afin d'éliminer la discrimination raciale au sein de notre organisation et promouvoir une culture exempte de haine, d'inégalités et de tout autre obstacle à l'inclusion. Cette année, l'équipe du GCMVD célèbre la JIEDR en mettant l'accent sur l'inclusion et le changement de culture à l'échelle de la Défense. Ce changement organisationnel auquel nous aspirons ne sera pas facile, car le racisme et d'autres comportements discriminatoires sont souvent alimentés par des préjugés (conscients et inconscients), des pressions sociétales et une dynamique institutionnelle qui font que la majorité des décisions sont prises par un groupe en particulier. De plus, ces formes de discrimination n'existent généralement pas seules, mais font partie d'un large éventail de pratiques discriminatoires intersectionnelles fondées sur le sexe, l'identité de genre, l'orientation sexuelle, la classe sociale, etc. Pour changer les choses à tous les niveaux de notre organisation et mettre fin aux pratiques discriminatoires, nous devons parvenir à une compréhension de l'ensemble de ces questions et mobiliser tous les membres de notre personnel.

L'an dernier, en réponse aux événements de Black Lives Matter (la vie des Noirs compte) qui ont déclenché dans le monde un mouvement d'actions anti-raciales et de solidarité, et conformément aux déclarations des dirigeants des [FAC/du MDN](#) et de la [MRC](#) concernant le racisme systémique au sein de l'effectif, la BFC Halifax a entamé un processus d'introspection critique en [reconnaissant que le racisme existe dans ses rangs](#) et en explorant des façons de combattre de manière éclairée le racisme systémique. Mon prédécesseur a mené de vastes consultations auprès de l'équipe locale du GCMVD, et c'est un honneur pour moi de poursuivre sur cette lancée. À l'échelle locale, nous avons mis en œuvre diverses mesures, comme la tenue de tables rondes multilatérales, l'expansion de notre équipe d'équité en matière d'emploi et des communications, et l'organisation à grande échelle de séances de forma-

tion sur la conduite haineuse destinées aux membres des FAC. À l'échelle nationale, de nouvelles politiques portant sur la conduite haineuse, comme la [mise à jour de la formation sur la prévention du harcèlement du MDN et des FAC](#), l'élaboration du cours obligatoire « Introduction aux cultures autochtones » pour tous les membres des FAC (sur le Réseau d'apprentissage de la Défense), l'établissement d'un secrétariat de lutte contre le racisme au sein des FAC et du MDN et la mise sur pied par le MDN d'un [groupe consultatif externe](#) sur la lutte contre le racisme et la discrimination (en particulier le racisme anti-Autochtones et anti-Noirs, les préjugés LGBTQ2, les préjugés sexistes et la suprématie blanche), ont été mises en place pour lutter contre le racisme systémique dans nos institutions. Ces efforts sont importants certes, mais ils ne sont qu'un premier pas vers un changement de culture sérieux et durable.

Si les hauts dirigeants (moi y compris) ont une certaine influence sur ce processus, nous savons que nous ne pouvons pas, à nous seuls, proposer la solution. Le fait que la discrimination raciale soit un problème ancré dans les institutions signifie que nous avons tous un rôle à jouer pour apporter de véritables changements. Ce changement doit se produire à tous les niveaux, si bien que nous nous engageons à travailler avec les militaires et les membres du personnel, tous grades et toutes classifications confondus, afin de trouver des solutions concrètes pour se doter d'un effectif inclusif, diversifié et équitable. Ensemble, nous devons écouter les membres de l'Équipe de la Défense issus de groupes minoritaires et faire entendre leur voix, nous inspirer de leur histoire, des expériences qu'ils ont vécues et de leurs témoignages qui ne cessent d'évoluer. Nous devons aussi nous éduquer (et éduquer les autres) pour devenir de meilleurs alliés et citoyens tout en donnant à la collectivité locale de la Défense les moyens d'agir dans l'espoir de favoriser une culture de travail plus équitable. Cela dit, je reconnais que nous ne devons pas trop compter sur les membres des minorités visibles pour résoudre des problèmes complexes qui n'ont pas été créés par eux. Nous devons tous faire le travail : une équipe, un combat.

En ce 21 mars, je vous invite à prendre un moment pour réfléchir à la façon dont nous pouvons tous contribuer à éliminer la discrimination raciale et, ce faisant, à nous soutenir les uns les autres. Sachez que vous pouvez toujours communiquer avec l'équipe du GCMVD (Halifax.DVMAG@forces.gc.ca), car elle joue un rôle clé dans cette conversation. Ce Groupe consultatif de la Défense fournit aux dirigeants du MDN et des FAC des conseils et des points de vue sur les questions qui concernent les membres de l'Équipe de la Défense issues des minorités visibles et sur la mise en œuvre efficace de l'équité en matière d'emploi. Ce groupe de bénévoles dévoués organise également des activités de sensibilisation, fait la promotion d'outils éducatifs, contribue à l'élaboration de politiques, veille à ce que le plus de personnes possible fassent une déclaration volontaire et recommande des solutions

concrètes aux obstacles systémiques à l'emploi. Si vous souhaitez contribuer à notre combat contre la discrimination raciale, l'adhésion au GCMVD est un excellent point de départ pour vous, et nous sommes toujours à la recherche de nouveaux membres, peu importe que vous vous identifiiez ou non comme membre d'une minorité visible.

À l'avenir, j'encourage tous les membres de la BFC Halifax à dénoncer la discrimination et le racisme, à signaler toute conduite haineuse lorsqu'ils en sont témoins et à promouvoir nos valeurs de respect de la diversité, d'inclusion et de justice dans la mesure du possible. Nous avons tous l'obligation d'assurer la sécurité et le bien-être des autres membres de l'Équipe de la Défense. Et compte tenu des défis que continue de poser la pandémie de COVID-19, il est plus important que jamais d'éviter de propager la haine, la stigmatisation et les préjugés, et de nous concentrer plutôt sur notre capacité de nous soutenir et de nous respecter les uns les autres chaque jour. Je me réjouis à l'idée de continuer à travailler avec le GCMVD, d'autres intervenants clés et l'ensemble de la collectivité de la Défense afin de s'attaquer à ce problème complexe et d'apporter des changements concrets, une mission que j'espère pouvoir accomplir en équipe.

Merci.

*Capv Sean Williams
Commandant de la BFC Halifax
Champion du Groupe consultatif des minorités
visibles de la Défense (GCMVD) des FMAR(A)*





Naval reservist says shipmates became like family on Op CARIBBE

By Lt(N) Clint Grant,
HMCS *Moncton*

Before joining HMCS *Moncton* for Operation CARIBBE, Canada's participation in the U.S.-led enhanced counter-narcotics operations in the Caribbean Sea and the eastern Pacific Ocean, Sailor Second Class (S2) Samantha-Lee Epstein had only one sea day, gained from a day sail aboard HMCS *Oriole*. Volunteering to sail with HMCS *Moncton* and heading south for the Caribbean, S2 Epstein, a Boatswain, found herself aboard a Maritime Coastal Defence Vessel (MCDV) for the first time. The Naval Reservist from HMCS *Scotian* dove feet-first into Mission-Specific Readiness Training (MSRT), and while this alone posed a significant challenge for the junior sailor, the story leading up to that moment speaks volumes to her perseverance and character.

In August 2020, her mother suddenly passed away of a heart attack. In the wake of her loss, she traveled to Toronto to be with her father and spent a month tending to family matters, which was made all the more difficult than it would normally be due to COVID-19 restrictions and isolation requirements. When asked about her experience, she replied, "Coming back from Toronto and having to quarantine alone was difficult, but getting back to work with the support of my crewmates on *Oriole* was a tremendous help."

However, it was not long before she was offered a chance to join a new ship going on deployment. Having the opportunity to come on Op CARIBBE with HMCS *Moncton* felt like something I needed – a change of pace, different scenery, and a new challenge to keep me going. But it was also terrifying and challenging. I was extremely anxious before going on this sail that I wouldn't be mentally capable of doing this yet. Also, doing something completely different from anything I had done before left me unsure of what to expect."

When asked how she overcame pre-deployment uncertainty, she described the process leading up to the deployment – "My therapist, social worker, and the Canadian Armed Forces (CAF) Medical team contacted me regularly over the Holiday period to ensure I was mentally ready to go on deployment. There was a lot more support from the CAF for my mental health than I expected – having the doctor call me the day after Christmas and the routine follow-ups from the team really helped reassure me that I was in good hands and that I was ready to go on deployment."

While getting onboard *Moncton* represented a significant milestone, S2 Epstein still had challenges ahead. The first week of *Moncton's* deployment program included a week of MSRT with Patrol Vessel Sea Training (Atlantic) onboard.

When asked about her experience jumping straight into her first Sea Training program, she explained, "It felt like I was always waiting for the next event to happen. For the first few days it felt like I didn't have a chance to relax or calm down, but by the end of that week I realized how much support I had, both from the crew and Sea Training staff. One thing I keep telling my father is that I'm blown away by the amount of support I have on this ship. They care so much about me and I care so much about them: it's a little family. I truly believe the people on *Moncton* and on this deployment have helped me with the grieving process over the loss of my mother."

Taking a stand in support of the CAF mental health process, S2 Epstein added, "After my moth-

er's passing, I've been very pro-mental-health and would want others in the CAF to have support similar to what I received. Life happens – the key is being part of a CAF community that is caring and supportive."

As a Dalhousie University alumni who graduated with her Bachelor of Science in Marine Biology in 2019, S2 Epstein says one of the most interesting aspects of sailing in the Caribbean has been all the marine mammals and birdlife she has been able to observe and interact with.

In discussing her reason for joining the CAF, and in particular the Royal Canadian Navy (RCN), she explained that, "...being from Toronto, the Canadian Army is the face of the CAF [in that city]. Most of my friends were in the Army, which is how I heard about the Reserves. When I went through the recruiting process, I learned about the Naval Reserve, and since I was studying Marine Biology, thought – water, boats, biology...perfect!"

When asked about additional career highlights, S2 Epstein replied, "I've always been into fitness, but I had zero motivation to exercise after my mom passed away. Being here on *Moncton*, I've regained my passion to work out – several of my fellow fitness enthusiasts onboard can tell how much better I feel after working out. I also know that working out physically is helping me mentally. The fitness aspect ties in to all the support I've gotten from my crewmates."

When asked what advice she would offer to new female CAF recruits, S2 Epstein offered, "Yes this is a male-dominated field, however, don't let that scare you. Be yourself and speak your mind about what you believe in. Always support your fellow female members in any way you can: we are a family!"

Arriving back in Halifax in early March, S2 Epstein was asked what she is most looking forward to upon returning home, she said she cannot wait to be reunited with Jack, her pet Boxer-Pit Bull. Aspiring to commission as an officer in the future, S2 Epstein says she is enjoying life as a Boatswain for the time being and hopes to continue learning and gaining experience in her current trade.



S2 Samantha-Lee Epstein is a Naval Reservist and a member of HMCS *Scotian*.

CPL BRADEN TRUDEAU, FORMATION IMAGING SERVICES



S2 Epstein stepped far outside of her comfort zone, while still dealing with personal grief, with a recent deployment to Operation CARIBBE in HMCS *Moncton*.

CPL BRADEN TRUDEAU, FORMATION IMAGING SERVICES

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How Lt(N) Taylor chose a naval career and learned to take on a leadership role

By Joanie Veitch,
Trident Staff

Growing up in southern Ontario, Lt(N) Adelaide Taylor knew two things for certain about her future plans: she had a yen for adventure and she wanted a secure career.

Now, nearly eight years into her Royal Canadian Navy career, the 26-year-old works as the Current Ops Staff Officer in Fleet Logistics Operations at Canadian Fleet Atlantic Headquarters in Halifax. It's a demanding job, but Lt(N) Taylor credits her strong mentors and naval experiences, along with her love of soccer, for the life lessons that are now allowing her to thrive.

"Soccer is all about team cohesion and working with others. You learn to dig deep and use that drive to work hard and do your best," she said. "I was always a very quiet person — I still am in some scenarios — it can take me time to get comfortable and voice my opinion. But as I've grown through the various roles I've held, and gained more responsibility, I've come to realize that, yes, what I have to say is valuable. I've found confidence in my voice."

Lt(N) Taylor was in high school when a chance meeting at a soccer tournament sparked an interest in the Royal Military College of Canada, leading her to play varsity soccer at RMC for four years while doing a Bachelor of Arts in Business Administration.

She followed in the footsteps of her grandfather, a Royal Marine during the Second World War, in choosing the Navy route, and added she's always been drawn to the water.

"The more I learned about a career in the Navy, the more I knew it would be that perfect mix of an exciting experience, balanced with the security of a full-time job," she said.

She was not disappointed.

"I get to do so many amazing things. My job is challenging and rewarding and that sense of adventure I've always had is satisfied. I love it."

After being posted to Halifax in 2018, Lt(N) Taylor worked with HMCS *Oriole* after the tall ship returned to Halifax from the west coast. As the Forward Logistics Site, she travelled ahead to arrange port services and logistical requirements as part of the 2018 Great Lakes Deployment.

Her next role, a career highlight, came in 2019 on an Operation REASSURANCE deployment with HMCS *Halifax*. Working under the supervision of Logistics Officer LCdr Tiffani Carrat, Lt(N) Taylor said she received strong mentorship that helped her learn to trust in her own ability.

"She encouraged me to be confident and to trust that I know what I'm doing and to believe in my inherent competency," said Lt(N) Taylor. "That can be hard to learn, but the more responsibility I took on and the more I worked, I saw that others trusted me and I learned to trust myself."

In April 2020, Lt(N) Taylor took on her current role, supporting deployed vessels and acting as the ships' main point of contact. She is a supervisor herself now and — remembering how much she benefited from having a good mentor — strives to do the same for others.

"I try to make it a priority to go over things whenever I have the opportunity, to teach and mentor but not just about the materials and facts...I try to talk about those bigger life lessons, like how to be confident," she said. "I think it's important to be a leader, not just with your

subordinates but to be a leader with your peers as well."

Just as Lt(N) Taylor strives to have a healthy work-life balance while at sea, staying active and leading yoga classes on the flight deck, she continues to make it a priority while advancing her career on land. She maintains creative hobbies — such as her love of painting and crafting — and enjoys an active lifestyle, running and hiking as much as she can, and still doing yoga regularly.

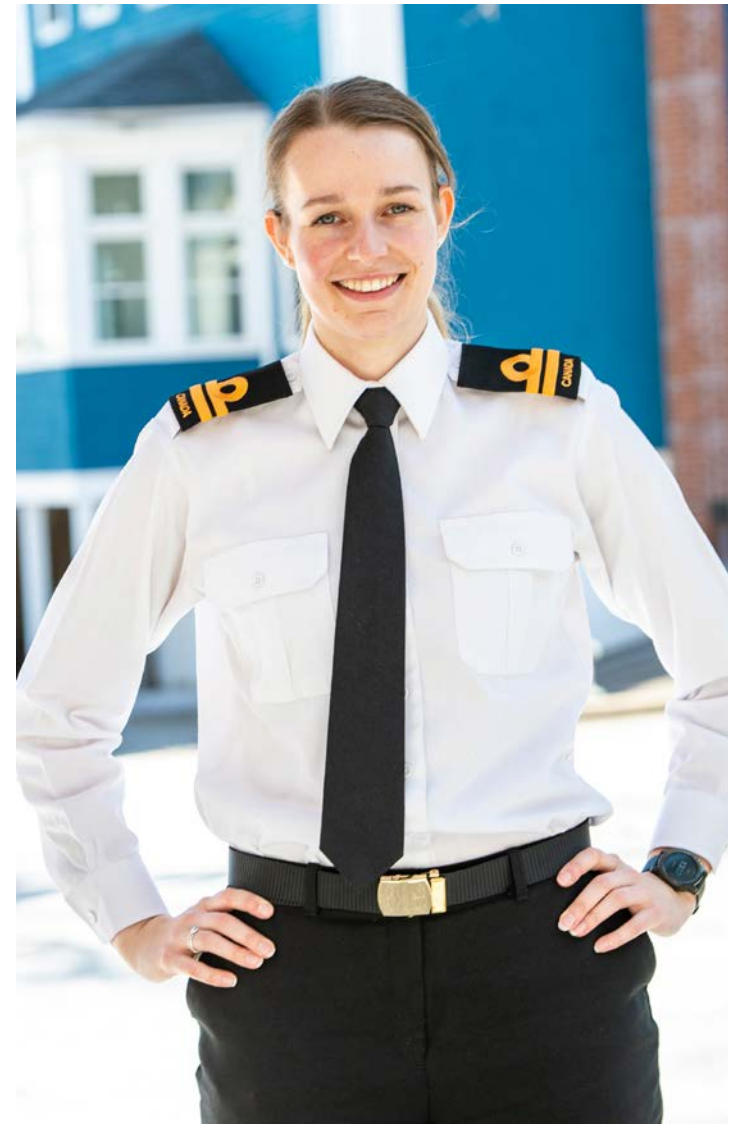
She also still plays soccer, lacing up her cleats and taking to the field regularly with the Halifax Sport & Social Club, continuing to enjoy the camaraderie and life lessons soccer has to offer.

"It keeps me healthy and I love the team spirit. Playing soccer has always helped me deal with stress," she said. "There can be a lot going on but it's important not to get worked up... just take a moment, take a breath, and then go for it."



Lt(N) Taylor received a Task Force Commander's Commendation while deployed with HMCS *Halifax* on Operation REASSURANCE in 2019.

CPL BRADEN TRUDEAU, FORMATION IMAGING SERVICES



Lt(N) Adelaide Taylor, Current Ops Staff Officer for Canadian Fleet Atlantic.

MONA GHIZ, MARLANT PA



Welcome home, HMCS Moncton

HMCS *Moncton*, still adorned in Second World War era dazzle paint, arrived back in Halifax on March 9 after a six-week deployment to Operation CARIBBE. The ship was in the region to assist U.S. Coast Guard allies on enhanced counter-narcotics operations.

MONA GHIZ, MARLANT PA



Face of Base: Jennifer Gamble

By CFB Halifax Public Affairs

We're happy to share another Face of Base from the Naval Museum of Halifax: meet Jennifer Gamble! Jennifer is the curator of the Naval Museum of Halifax located at CFB Halifax Stadacona. Originally from Ontario, Jennifer studied at Dalhousie University and has spent the past decade working in the museum field, primarily doing curatorial work and historical research. After working for Canada's Naval Memorial - HMCS *Sackville*, she became increasingly interested in working for museums that preserve RCN history. In her current role as curator, Jennifer is responsible for the care and handling of the collection, developing exhibits and supporting

research requests. Since 2018, she has been involved in the planning and the launching of several new exhibits, and is currently working on two upcoming exhibits (one on RCN naval uniforms and the other on Women in the Royal Canadian Navy).

For Jennifer, the Naval Museum of Halifax is a real treasure. The artifacts and memories that are preserved there are a wonderful representation of our rich naval history – inspiring curiosity about the stories and contributions of those who have served. “Every day I learn something new at the museum. Getting to work with veterans and volunteers is one of the most rewarding parts of my job. I feel very lucky

to be a part of preserving their memories and experiences!” After close to 50 years in operation, the Museum houses exhibits and programming that stimulate interest, knowledge and understanding of the achievements and challenges faced by the RCN throughout history. Jennifer and her team look forward to eventually welcoming public visitors to the Museum once again, when the pandemic subsides and it is safe to do so. Bravo zulu Jennifer for keeping our naval history alive.

Jennifer Gamble is the curator at the Naval Museum of Halifax.

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The training provided by RCN divers will help prepare their Ukrainian counterparts to conduct underwater hull searches and to neutralize mines and other sabotage devices.

SUBMITTED

RCN divers ready for Ukraine training mission

By Peter Mallett,
The Lookout Staff

A team of Clearance Divers are heading to Ukraine for a month to share their expertise in diving.

Two divers from each coast's dive unit, led by Lt(N) Kevin Darling, will travel March 28 to the Black Sea port of Odessa to deliver a ships dive course training program to the Diving School of the Armed Forces of Ukraine.

Lt(N) Darling says Royal Canadian Navy (RCN) divers were selected for the job because they have the knowledge and expertise to help develop and mentor partner nations.

"The RCN is constantly engaged in instruction and the force generation training of all Canadian divers, and this is a great opportunity to collaborate with our Ukrainian partners and share our experience and knowledge in diving. It's important for the Canadian Armed Forces to provide this training to other NATO [North Atlantic Treaty Organization] partners and help bolster their capabilities and strengthen international partnerships," he says.

Divers will quarantine for eight days prior to their departure from CFB Trenton. Lt(N) Darling emphasized all divers will adhere strictly to public health guidelines before and during transit to Ukraine, and while on the ground with the goal to keep things safe for everyone involved.

The Ukrainian Naval Forces recently introduced a basic diver training course, which was developed with help from the United States Navy, Royal Navy and Danish Armed Forces.

The RCN Ships Dive Course will build on that program with a combination of in-class and at-sea instruction. The in-water portion will be delivered in

swimming pools and at sea.

Training will provide Ukraine divers with the knowledge and expertise necessary to conduct underwater searches of a ship's hull, and to locate, identify, and neutralize clandestinely placed sabotage devices and limpet mines.

The course also prepares divers to conduct jetty and seabed searches prior to a ship's arrival or during periods alongside to support force protection requirements. A ship's diver may also be tasked to perform underwater hull inspections, minor maintenance, repairs to hull fittings, and search and recovery of lost items.

The language gap will provide the biggest challenge for the Canadian contingent in successfully delivering the instruction. A professional translator will help but it is the hand-on training that will have the greatest learning influence.

"One of the things we always emphasize in our training is a hands-on application as opposed to in-class lessons," says Lt(N) Darling. "It has been proven that most students learn more effectively when they are practising and learning the drills in the water."

After extensive planning meetings with the translator to deliver the course, training is scheduled to take place from April 5 to 30. The RCN team will return to Canada in mid-May after completing all post-course requirements.

An additional four-member team of RCN sailors will also be part of the exchange with their focus on teaching tactical navigation to members of the Ukraine Naval Forces. Two members from the Danish Defence Force will also accompany the Canadian contingent in delivering the course content.

A universal message of Passover

By Padre (Rabbi) Capt Noteh Glogauer,
Chaplain, 12 Wing Shearwater



This year, the Jewish holiday of Passover takes place sundown on March 27 through April 4. In anticipation of the festival, I would like to share with you a significant message that has relevance to us all.

Passover is the first day of Jewish independence, and the first festival in the history of the Jewish people. It is first in rank and significance, for it brought the liberation of the Jewish people from enslavement and made it possible for them to live a free and independent life as a nation, governed only by the Torah (the Five Books of Moses) and its commandments dictated by God alone.

As such, Passover is especially meaningful for the Jewish people, and for members individually, at all times and in all places. For this reason also, every aspect of the festival and every detail attending the historical Exodus from Egypt, has a special significance in the way of a timeless message and practical instruction for the individual, the community and all mankind as a whole.

People want to feel empowered. Many civilizations, including the Egyptians, made that happen by conquering and enslaving others. Julius Caesar's famous quote, "Veni, vidi, vici - I came, I saw, I conquered" sums up the mentality that I am powerful if I can subjugate others.

The Torah tells us otherwise. The Hebrew word for Egypt, "mitzrayim," comes from the root, "metzarim," which means "narrow places." A person who thinks that they have to change or demean others is actually stuck in a narrow place. The Egyptians had a pantheon of thousands of gods whom they hoped would enable them to control the world. They worshipped one god that they hoped would make their crops grow well. Another god would make the sun shine. Yet another would guarantee them safe passage into the next world. Life was spent trying to manipulate people and forces outside of themselves in order to get what they wanted.

On Passover, God took the Jews out of Egypt and took the Egyptian mentality out of the Jews. Someone who thinks that they will get what they want out of life by manipulating others, competing with others, working the stock market, and constantly thinking about how to make more money is a slave to the machinations of their mind.

Dr. Lisa Aiken expounds on the message of Passover, exposing how we can be stuck in a very narrow mindset with negative character traits where we get angry or impatient when we don't get what we want. We can overly value material things and money at the expense of being honest, ethical and responsive to people in our lives. We can be egocentric and jealous instead of appreciating that each of us is unique and has a unique purpose for being alive.

The purpose of life is not to compare ourselves with others. Our job is to change our attitudes and ourselves so that we can be free to contribute what we were put here to do. God gave us freedom from Egyptian taskmasters so that we could be free to become better people who care about and appreciate others, who are honest and ethical, and who give more than they take.

A universal message applicable to all of us during this Passover season is that your life doesn't depend on changing those around you. My boss, my spouse, my friends, my children are not my source of happiness and fulfillment. It's how I treat them that matters. The only person that I can change in this world is me. On Passover, our takeaway message is that with God's help we can be whoever we want to be. It doesn't depend on anyone but you.

So the next time you think about who "made you" upset, who "got you angry," or who "ruined your day," realize that we live in a world where upsets will always happen. The Almighty makes sure that you will have them in order to insure that you grow out of a narrow mindset. In a world that emphasizes rights, Judaism emphasizes what my responsibilities are—to others, to myself, to my Maker. I cannot make sure that others will do what I want, so that leaves it up to me to make sure that my attitude is one of gratitude and appreciation and that my days are filled with doing meaningful things and working on myself to be happy with what I have.

Going out of Egypt wasn't only 3,300 years ago. We can remember, and do it, every day of our lives.



HMCS Halifax and German Navy Tanker FGS Spessart conduct a Replenishment-at-Sea (RAS) off the Norwegian coast on February 25th during the NATO Maritime Command Exercise Dynamic Guard 21-1.

SNMG1

NATO Exercise DYNAMIC GUARD 21-1 concludes in Norway

By LCdr Mark Fifield,
SPA0, NATO Maritime Command and SNMG1

From February 22-26, the Standing NATO Maritime Group One (SNMG1) Task Group led by the SNMG1 Flagship, HMCS *Halifax*, participated in the NATO Maritime Command Exercise DYNAMIC GUARD 21-1 off the coast of Norway in the High North.

DYNAMIC GUARD is designed to build and maintain proficiency in maritime electronic warfare and anti-ship missile defence, and this year it followed on from Norway's TG 21-1 exercise in anti-submarine warfare, which also involved SNMG1. Dynamic Guard demonstrated the ability of allied forces to quickly integrate to accomplish NATO directed missions, and the exercise involved various air and surface assets including, for the first time, bomber aircraft.

SNMG1, as well as national assets from Norway, participated in the exercise along with support from the NATO Joint Electronic Warfare Core Staff (JEWCS). Participating surface ships included HMCS *Halifax*, German Navy Tanker FGS Spessart and Norwegian Navy Corvettes HNoMS Steil and HNoMS Storm.

"Exercise Dynamic Guard provided opportunities for SNMG1 to enhance or otherwise validate our training, knowledge and expertise in electronic warfare and anti-ship missile defence in a unique and challenging

operational environment," said Commodore Bradley Peats, Commander of SNMG1. "SNMG1 continues to work closely with our fellow NATO Allies and partners in the region to preserve peace, prevent conflict, promote security and stability, and reinforce the rules-based international order."



The Royal Norwegian Navy Corvette HNoMS Storm took part in the NATO exercise. This Skjold-class Corvette is a large, superfast, stealth missile corvette which specializes in littoral warfare. Capable of 60 knots, it is one of the fastest warships in the world.



HMCS Halifax, seen from shore, participates in electronic warfare training off the coast of Fedje Island in Norway.

SNMG1



KINGFISHER, the embarked CH-148 Cyclone maritime helicopter on board HMCS Halifax, prepares to take off from the ship's flight deck during the NATO Maritime Command Exercise Dynamic Guard 21-1.

SNMG1

SNMG1



Members of 3 Canadian Ranger Patrol Group (CRPG) from CRPG Headquarters, Big Trout Lake, and Bearskin Lake, pose in their patrol group at the Best Western Nor'Western Hotel in Thunder Bay, Ontario, where they receive support from Task Force Lakehead as part of Operation VECTOR on February 12.

HMCS GRIFFON

Building cohesive military teams during the pandemic

By Joint Task Force Central

Late last fall, as details of the COVID-19 vaccination program were being ironed out, Joint Task Force Central (JTFC) reactivated Task Force (TF) LAKEHEAD in Northwestern Ontario. Originally stood up in April, 2020, as part of the Canadian Armed Forces (CAF) efforts to combat COVID-19 under Operation (Op) LASER, TF LAKEHEAD would now work in support of Op VECTOR, the CAF response to Federal and Provincial governments' distribution of COVID-19 vaccines.

Under the command of JTFC, TF LAKEHEAD is comprised of CAF Reserve Force members from both the Canadian Army and Royal Canadian Navy who are residents of Northwestern Ontario and who have volunteered to transition from part-time to full-time service in anticipation of potential requests for assistance from the government.

Although the Army and Naval Reserve units in Ontario's north-west (from Thunder Bay to Kenora) normally belong to 3rd Canadian Division and the Naval Reserve, they become part of JTFC when supporting domestic operations. In fact, CAF entities throughout the entire province of Ontario form JTFC to include soldiers, sailors, aviators, and Canadian Rangers, the latter of whom currently depend on TF LAKEHEAD to support their efforts in Ontario's northern remote First Nation Communities.

TF LAKEHEAD is composed of members from HMCS *Griffon* and four units from 38 Canadian Brigade Group: 116 Independent Field Battery, 38 Signal Regiment, The Lake Superior Scottish Regiment, and 38 Service Battalion. While TF LAKEHEAD is currently composed of 33 members, its size is tailored to operational needs and has been as large as 75 members.

"Establishing this Task Force is truly a joint effort with members from the Royal Canadian Navy and Canadian Army involved from five different units spread across two cities overseeing an operating area greater than 180 thousand square kilometres. The task was further complicated by our inability to meet face-to-face given COVID-19. We have

had to be creative to build unit cohesion and test our ability to function as a team," said Lieutenant Commander (LCdr) Nathanael Moulson, Commander of TF LAKEHEAD.

The COVID-19 pandemic has affected Canadians in many ways. In the farther reaches of Ontario's north, First Nation communities have remained vigilant. Despite these efforts, however, some have faced outbreaks. As the numbers of positive COVID-19 cases continued their rise, the 3rd Canadian Ranger Patrol Group (CRPG), a Canadian Army unit within JTFC / 4th Canadian Division, was called to support various communities as they dealt with the COVID-19 outbreaks. Throughout Op LASER, local Ranger patrols have been on hand to assist and support their communities by providing logistical and general support including delivery of food, supplies, transportation, as well as supporting public awareness programs.

Under Op VECTOR Canadian Rangers are at the forefront once again, working in support of TF Ornge. Ornge, Ontario's provider of air ambulance and critical care transport services, is the provincial lead agency responsible for delivering doses of the COVID-19 vaccine to remote communities of the Nishnawbe Aski Nation in a mission dubbed Op REMOTE IMMUNITY.

Canadian Rangers mainly serve the communities in which they live and maintain situational awareness. 3 CRPG has also generated several mobile Ranger teams, dubbed 'Ranger-Go-Teams', which are capable of deploying to communities that do not have a dedicated Ranger patrol, in support of vaccination clinics. When not deployed, these Ranger-Go-Teams are positioned in Thunder Bay, where they are isolating to reduce exposure to COVID-19 and where they are supported by TF LAKEHEAD.

Logistical support is essential to any operation. Members of TF LAKEHEAD are supporting both the Rangers and Ornge, by providing 24-hour transport and logistical support within Northwestern Ontario.

This includes ensuring the resources to do the job are available and military mem-

bers have what they need to stay focused on the job at hand. TF LAKEHEAD takes the pressure off the Canadian Ranger teams while they are staging in Thunder Bay by providing ground transportation and sustainment support including food, water, laundry, and banking. Having controlled movement and limited person-to-person contact outside of the team bubble reduces the spread and maintains the integrity of the Force, thus ensuring that Canadian Rangers can stay COVID-19-free before travelling to the communities.

Capt Jason Dech, Regional Liaison Officer with 3 CRPG says, "My experience working with Task Force LAKEHEAD has been nothing short of amazing. It is always great to work with a team of dedicated professionals who are operationally focused. Task Force LAKEHEAD has a very unique construct comprised of both Royal Canadian Navy and Canadian Army personnel who

are working together to meet one goal, which at this time is supporting Op REMOTE IMMUNITY with the 3rd Canadian Ranger Patrol Group."

On the opportunity to support civilian agencies and assist fellow Canadians, LCdr Moulson says, "Op LASER and now Op VECTOR present opportunities to help those in our home communities. As members of the CAF, we embrace the opportunity to travel to far off places to help, but with TF LAKEHEAD we get to apply our skills in our own backyard; helping our neighbours, friends, family and fellow citizens of Northwestern Ontario."

JTFC's Task Force LAKEHEAD – a strong and cohesive team drawing from a number of different CAF units – stands ready to respond to further requests for assistance under Op LASER and Op VECTOR, in support of Canadians during these collectively difficult times.



CFB HALIFAX PUBLIC AFFAIRS

DVMAG kicks off 2021 meetings

By CFB Halifax Public Affairs

The first 2021 meeting for the Maritime Forces Atlantic Defence Visible Minority Advisory Group (DVMAG) took place on Tuesday, March 2. DVMAG members, civilian and military co-chairs and the group's champion, CFB Halifax Base Commander Capt(N) Williams, gathered to share ideas on how to best serve our talented and diverse workforce and find ways to combat systemic barriers to inclusion. Under the umbrella of Defence Advisory Groups, DVMAG provides advice and insight to Department of National Defence/Canadian Armed Forces leadership on issues relevant to visible minority Defence Team members, and to the effective implementation of employment equity. This group of dedicated volunteers assists in policy development related to recruitment, retention and training, coordinates action plans and organizes outreach initiatives. DVMAG also identifies systemic employment barriers and recommends actionable solutions, shares educational tools and promotes maximum participation in self-identification, effectively empowering visible minority Defence Team personnel to share their lived experiences as a way of fostering positive organizational change. For DVMAG, diversity is all about championing, respecting and leveraging the unique differences, backgrounds and cultural perspectives of our military and civilian members as a way of cultivating an inclusive work environment.

Want to get involved with DVMAG? Feel free to email Halifax.DVMAG@forces.gc.ca for more information. Membership is open to all Defence Team members. For online resources, visit the Defence Advisory Group's page on SharePoint (accessible via DWAN only): <https://collaboration-navy.forces.mil.ca/sites/MARLANTEE/SitePages/Home.aspx>



SPORTS & FITNESS



Ahead of the game: Soldier On hosts sledge hockey camp

By Joanie Veitch,
Trident Staff

Before strapping himself into a sled and pushing out on the ice to learn the basics of para hockey, Junior Gosse had only ever seen the sport played on television.

“I used to play hockey — stand up hockey — when I was younger, but I’m not able to play anymore, so it was great to get out. I liked it a lot,” Gosse said.

Gosse was one of five participants who took part in a learn-to-play-sledge hockey event at Bedford’s BMO Centre on March 7, sponsored by Soldier On with coaching and guidance provided by Paul Tingley of the Halifax Sledge Grinders and Parasport NS.

Guided by Tingley, a para-athlete himself, each participant chose a sled to match their size and comfort level, before heading out to the gate. There they strapped in, put on helmets and other protective gear, got hockey sticks and pushed out onto the ice.

Lesson one: how to get around.

Using two short hockey sticks with metal picks at the bottom, the Soldier On participants learned how to push, turn, and stop. Once everyone got going, it became quickly apparent that the closer those two skate blades on the bottom of the sled are, the easier it is to tip over.

Cue lesson two: how to get back up. Not as easy as it looks.

Para hockey calls for good upper body strength, Tingley explained, easily demonstrating the proper technique for getting upright and moving again.

During the one-hour session, Tingley guided the group through the basics of para hockey, leading them through puck handling and passing

drills, before finishing off with a scrimmage game, with Tingley as goalie.

While everyone got a chance to shoot and score a goal, the bigger goal with Soldier On events, explained Eileen Du Plooy, regional coordinator of Soldier On for Nova Scotia and Newfoundland and Labrador, is to bring together both serving and retired Canadian Armed Forces members to connect with each other in a fun and active way.

The hope is participants learn new skills “as part of their recovery” in overcoming the challenges of their injuries, Du Plooy said.

It’s a program that has worked for Gosse, as he credits getting involved with Soldier On in 2018 as a turning point in his life.

After retiring from the military in 1999, Gosse went on to work at the Halifax airport until his retirement last year, but injuries from his years in military service had left him feeling “pretty banged up,” he said.

“I had PTSD and shoulder, back and hip injuries and other physical limitations. I was close to using a cane to get around and had a hard time even getting out of bed most days,” Gosse said. “It was dragging me down in a big way.”

After joining Soldier On, Gosse learned about opportunities to train and potentially take part in the Invictus Games, planned for May 2020 in The Hague, The Netherlands. Motivated by that goal, he began going to physiotherapy and doing exercises to rebuild his core strength, as well as starting a training program to get back into shape.

In 2019, Gosse was selected as one of 32 people to be part of Team Canada for the 2020 Invictus Games, compet-



From left to right, Soldier On participants Darrell Ling, Junior Gosse and Kenny White listen while Paul Tingley of the Halifax Sledge Grinders and Parasport NS, demonstrates how to use para hockey sticks.

JOANIE VEITCH, TRIDENT STAFF



Paul Tingley, coach with the Halifax Sledge Grinders and co-ordinator of Parasport NS, shows Soldier On participant Junior Gosse how to choose the right sled before going out on the ice.

JOANIE VEITCH, TRIDENT STAFF

ing in three sports: swimming, cycling and wheelchair basketball.

“They were three sports I had to pretty much pick up from zero,” Gosse laughed.

Although the Games have since been postponed to spring 2022, Gosse is still training.

“It’s not easy,” he said. “There are plenty of days when I did not want to do it but I managed to force myself to get up and go. Physical exercise, regardless of how out of shape you are, if you’re out there doing something it’s going to help you physically and mentally.”



Nominations open for 2021 CAF Sports Awards

By Canadian Armed Forces Sports

Nominations for the 2021 CAF Sports Awards Ceremony are now being accepted! The CAF Sports Award Program holds this event each year to recognize serving and former members of the CAF for their outstanding athletic performances and remarkable contributions to military sport.

Nominations are now being accepted in the following categories: Hall of Fame, Honour Roll, Dedication to CAF Sports, Outstanding Contribution Award and Unconquered Award. Nominations must be done using the proper nomination form, and it is crucial that dates and achievements are accurate and thorough. Full information and nomination forms are available at <http://cafconnection.ca>.

All submissions must be completed with category, specific date, location, event, placement and number of competitors information. Each nomination form shall be submitted with: one color 8 x 10 inch professional portrait photo (head and shoulders, without headdress) in CAF uniform (Dress No. 3) in .jpg version - 300 dpi or professional hard copy; one action shot (not a posed photo in athletic clothing) of the individual or team competing (.jpg version - 300 dpi or professional hard copy)

Due to the impact of the COVID-19 pandemic on the CAF Sports program, there will not be any nominations solicited for the Sports Achievement Awards (female athlete, male athlete, coach, official and team of the year) for the 2020 sporting year.



Admiral Jones' Shield

Sailor First Class Bradley Northrup, the recipient of the 2020 Admiral Jones' Shield for his contribution to Formation Halifax sports, poses with the award. Though an in-person version of the CFB Halifax Sports Recognition Awards wasn't possible for 2020, the deserving winners were announced earlier this year, and in-person presentations took place recently.

NEIL CLARKSON, FORMATION IMAGING SERVICES

Halifax Mooseheads Star of the Game

By CFB Halifax Public Affairs

Despite the many challenges of planning a hockey season during a pandemic, the Halifax Mooseheads hockey club has remained committed to honouring local Canadian Armed Forces (CAF) members through its CAF Star/Family of the Game Program. This program honours deserving military personnel who go above and beyond in their work and are positive contributors within the community. Bravo Zulu to all local members who have been (virtually) honoured so far this hockey season. You can head to the Mooseheads website to view these members' Star/Family of the Game recognition videos: <https://halifaxmooseheads.ca/video-channels/cf-family-of-the-game>.

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FORCES STAR OF
THE GAME
RECIPIENTS**

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March 2021**



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S1 Ethan Hann
Capt Adam Byrne
Sgt Andrew Pertus
Camp Hill Family

MCpl Jacqueline Martell
S1 Robert Meyer
Cpl Travis Beazley
MS Normand Legault
Capt David Levangie
MCpl Dan Rhyno

PO2 Brandon Bonnar
S1 Steven Ardley
MS Rebecca Mason
MS Janice LeRiche
S1 Alexandra Kessaram

