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TRIDENT

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HMCS *Windsor* cruises into the Halifax harbour on December 17 after 105 days at sea participating in NATO exercises.

LS DAN BARD/FIS HALIFAX

HMCS *Windsor* returns after excelling in NATO exercises

By Ryan Melanson,
Trident Staff

When HMCS *Windsor* arrived back in Halifax on December 17 after three and a half months in Western European waters, it had officially completed the longest-ever deployment for a Victoria class submarine.

Windsor spent 105 days at sea, departing in September to join ships and submarines from allied countries as part of exercises Joint Warrior and Trident Juncture.

“We started off in the beginning of September and we just finished exercising with our French allies at the end of November. It was a very busy

period. From a tactical perspective, it pushed my team to the limit and we gained very valuable experience,” said LCdr Peter Chu, *Windsor’s* Commanding Officer.

Trident Juncture was the largest NATO Maritime exercise to involve Canada in more than two decades, with 34 nations and more than 60 warships and 120 aircraft participating.

The crew of *Windsor* conducted 53 different case exercises while deployed, with 22 of those based on submarines, working alongside armed forces members from Poland, France, Germany, Denmark, Australia, the United States, the United Kingdom and other nations.

LCdr Chu said he and his crew appreciated not only the extended sea time, but also the chance to work with military members from so many different nations, getting exposure to a wide variety of different tactics and different ships.

He added the training exercises were invaluable in terms of force generations, qualifying new submariners, and having the crew experience a tactical level they hadn’t seen before.

“When you’re dealing with NATO countries and the different warships and submarines, and doing it at a very high level, it’s something Canada doesn’t often get to do from a submarine perspective.”

After earlier generator issues, LCdr Chu said *Windsor* exceeded expectations, with zero days of sea time missed and all materials and equipment operating soundly through the deployment.

And of course, the submarine’s crew was welcomed back to Halifax by an ecstatic group of family, friends and colleagues who waited patiently as *Windsor* slowly approached the jetty. Both RAdm John Newton, Commander JTFA and MARLANT, and Cmdre Craig Baines, Commander CANFLTANT, were on hand to welcome the submariners home, and were two of the first faces to greet members as they stepped off the submarine.

Many crewmembers emerged

with red roses ready to hand over to their loved ones, who were no doubt happy to be welcoming the crew home just in time for the holidays.

LCdr Chu said that while it was obviously a thrill to be home for Christmas with family, he had also observed mixed feelings from members as they sailed away from the excitement of high-tempo exercises and operations.

“But Christmas and New Years and the holiday season is on for the crew this year, so everyone is extremely excited. That being said, I think they’re all very proud of themselves and this is a huge feather in their caps to be on board for the deployment.”

RCN members honoured for contribution to Arctic mission

By Ryan Melanson,
Trident Staff

PO1 Yves Bernard spent the summers of 2013 and 2014 on the Arctic Research Foundation’s RV Martin Bergman, searching, as many had before, for HMS *Erebus* and HMS *Terror*. The ships were lost, along with 129 lives, during Sir John Franklin’s famous but ill-fated 1845 expedition to the Northwest Passage.

And while it would be a remotely-operated Parks Canada vessel, rather than the Martin Bergman, that eventually found the clues that uncovered the resting place of *Erebus*, PO1 Bernard’s dedication to the search paid off in April of 2015, when he became the first RCN diver to plunge into icy waters and come

face to face with the historic ship.

“It’s the Holy Grail of the Arctic, and to be the one who was actually so close and putting my hands on it, it was a feeling that was almost spiritual,” PO1 Bernard said.

“I’ve dove on many wrecks over the years, but knowing how many people have looked for that wreck, and knowing the history behind it and seeing it as a bit of a time capsule is what made it so special.”

He said the firsthand encounter with the wreck and its treasure trove of artifacts brought a sense of reality to the story of Franklin’s lost ships, and the crews who were stranded in the Victoria Strait more than 160 years ago.

“To imagine the people on



From left, Lt(N) Scott Moody, Cdr Paul Roddick, LCdr Paul Smith, LS Brandon Patey, PO1 Yves Bernard, MS Shane Milmore and Cdr Peter Knoch each received the *Erebus* Medal from RAdm John Newton, Commander MARLANT and JTFA.

MCPL HOLLY SWAINE/FIS HALIFAX

board that ship for three years, the pain and the misery they had to go through, what a life experience for me to be there.”

PO1 Bernard, a member of

Fleet Diving Unit Atlantic, was just one of the seven RCN members awarded the Royal Canadian Geographical Society’s *Erebus* Medal on December 14, along-

side Cdr Peter Knoch, Cdr Paul Roddick, LS Brandon Patey, LCdr Paul Smith, Lt(N) Scott Moody and MS Shane Milmore.

The medal was established to recognize participants in the 2014 Victoria Strait Expedition and their contributions to the discovery of HMS *Erebus*, and has been awarded to those who worked in the field with the RCN, Parks Canada, the Arctic Research Foundation and Canadian Hydrographic Services, as well as all those who contributed behind the scenes.

Members of the media were invited to the Admiral’s suite for the occasion, as RAdm Newton, Commander JTFA and MARLANT, personally thanked each

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MyClosing
Mymilitaryclosing.ca

Sailors told to support each other as HMCS *Fredericton* deploys to Op REASSURANCE

By Ryan Melanson,
Trident Staff

As HMCS *Fredericton* prepared to depart from HMC Dockyard on January 5 to join Op REASSURANCE, the ship's new command team and young crop of sailors received words of advice from RAdm John Newton, Commander JTFA and MARLANT.

“I want every sailor aboard Fredericton to know that there is somebody beside you and somebody more junior who has not had the same level of CAF or RCN experience. I want you to put your arm around that person and give them the best deployment in the CAF that they’ll ever have.”

RAAdm Newton said the tempo and importance of the mission, with the goal of promoting security and stability in Central and Eastern Europe, will make for exciting, demanding work, and will likely be one of the fastest deployment of the sailors' careers.

“So make sure they get access to their training, all the welfare and morale services, sports, all the mess privileges, and make sure they come home having had the best experience possible.”



Members of HMCS Fredericton wave to their families as the ship departs Halifax for the Mediterranean on January 5 to begin a six-month deployment to Op REASSURANCE.

MCPL ALEXANDRE PAQUIN/FIS HALIFAX

Frederickton and its company will spend six months in the Mediterranean Sea working with NATO allies in support of efforts including surveillance and monitoring, regional defence, capacity building and diplomatic engagement.

The ship itself returned from an initial seven-month deployment to Op REASSURANCE in July of 2015, where it became the

first ship to deploy following completion of the Halifax-class Modernization/Frigate Life Extension program.

This time around, with a largely new crew, some sailors leaving the jetty on the frigid afternoon of January 5 were doing so for their first major deployment. One of those was MS Kristian Fitzgibbons, who waved from the flight deck as

daughters Madison and Chloe held up signs with goodbye messages.

"This is his very first deployment, so it will be tough," said his wife Jennifer, who described emails, journals and a home countdown calendar as ways the family plans to deal with the absence.

It was those loving and supporting family members,

gathered in the cold to see the crew off, who Fredericton's CO, Cdr Trevor MacLean focused on when he addressed the crowd prior to departure.

"You guys are the support structure that allows us to do what we do and go off to accomplish this mission for the govern-

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Erebus

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recipient for their work in the Arctic, which collectively ranged from assistance in the conducting of hydrographic surveys and diving down to the wreck of *Erebus* itself, to working in the kitchen aboard the Martin Bergmann, keeping crews fed through long hours in frigid conditions.

“You all know your own piece of the story, and it’s a great story. You were the vanguard of a group of people who really put the Navy on the map in the Arctic,” RAdm Newton said.

He described the sailors as being an important part of the process of building competency and familiarity with the Arctic in preparation for the arrival of the Harry DeWolf class Arctic Off-shore Patrol Vessels. The ships will not only increase the RCN's capabilities in mapping and patrolling Arctic waters, but also in working with government agencies and the private sector on research and science-focused missions.

“That *Erebus* story is not the endgame, it’s just the start of a greater role for our Navy in the north,” RAdm Newton said.

The recipients shared stories of their respective roles in the expedition and the impression left on them after sailing in the north. Including LCdr Paul Smith, Commanding Officer of HMCS *Kingston*, which spent the late summer of 2014 mapping the Arctic ocean floor alongside Canadian Hydrographic Services, and even taking then Prime Minister Stephen Harper aboard as the ship sailed through the Northwest Passage. *Kingston* didn't deploy as part of OP QIMMIQ in the fall of 2015, but LCdr Smith said the Arctic is never far from his mind.

"I'm looking forward to going back. Once you get there and you see the view of the Arctic and understand how historic it is, you fall in love with it right away."

Similar sentiments were uttered from around the room, with sailors reflecting on the connection between past and present on the expedition, as well as the RCN's future role in promoting Arctic sovereignty and gaining a better understanding of Canada's north.

PO1 Bernard said he hopes to return to the Arctic as well, and noted that the job of searching for Franklin's lost ships isn't over yet.

"We still need to find the *Terror*; hopefully that's next."

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Three decades of Christmas generosity continues for FDU(A)

By LS David Denman,
FDU(A)

It's 5:30 a.m. on a Saturday morning, the alarm rings and one of the longest days of the year begins. You just hope that the two-kilometre, 20 minute run from last week is enough to pre-
pare you for the Annual Christmas Daddies 50 km run. Year after year, most divers from FDU (A) will say the same thing: "Next year, I will train for this."

As divers, we relish the idea of being able to give back to our community, and are lucky to do it each year in such a unique and physical way. It would be difficult to say we look forward to the days of pain and sore muscles following the run, but we all look forward to the run itself, trying to outlast each other, trying to raise more money and to take fewer breaks. It has become something ingrained in us and something we feel sets us apart from others.

Every December FDU(A) is presented with a chance to participate in the Christmas Daddies event and to help out in this special way, with 2015 marking the 31st year the unit has been involved with the holiday telethon. The original run in 1984 stretched from Truro to Halifax, but this route changed in 1992 to ensure the safety of the runners and to encourage further donations from local communities. In 1992, participants ran from Shearwater to Bedford, then changed into wetsuits and swam to downtown Halifax. The following year, the run was switched to the current 50 km format. Throughout the years, FDU(A) has managed to raise approximately \$290,000 through the marathon and close to \$900,000 through the auctioning a replica brass diving helmet (MK5), which is held in trust by the highest bidder and proudly displayed in their place of business for the next 12 months.



Members of FDU(A) begin their 50 km run in support of the Christmas Daddies telethon on Saturday, December 5.

LS DAN BARD, FIS HALIFAX

This year's run took place Saturday, December 5 and involved approximately 45 participants. It began at FDU(A) and proceeded along the 50 km route through Dartmouth, Forest Hills, Sackville and Bedford, concluding with the donations being presented at the CTV studio on Robie St. in Halifax at 4:30 p.m., all under the escort of Halifax

Regional Police. Contributions this year included \$12,055 raised during the run and an additional \$18,925 through the heritage auction of the diving helmet. This annual endeavour would not be possible if it were not for the continuous support of numerous local sponsors, both civilian and military, and the ongoing assistance and encouragement of

the families and friends of our Fleet's divers. The list of sponsors and supporters for the Christmas Daddies run include Halifax Regional Police, Bedford McDonald's, 12 Wing TEME, Windsor Park TEME, Scotiabank, Garrison Brewing Company, Basha Pizza, C100, Formation Imaging Services and numerous other local businesses.

Commanding Officer's Calls in Plymouth, England

By Lt(N) Wil MacLeod,
HMCS *Montréal*

After a challenging navigation passage into Plymouth, England, HMCS *Montréal* quietly came alongside HMNS Devonport early in the evening of October 27, 2015. For the ship's company, all that remained was to land gash and store ship, as a window of hard-earned relaxation and reconstitution was close at hand. For the Commanding Officer, Cdr Kristjan Monaghan, the following morning held the time honoured tradition of making the CO's calls. I had the privilege of accompanying my Captain to witness this time-honoured tradition by ship's captains.

The CO's calls, while not formally required, provide for an occasion for a ship to announce its presence to the community, further Canada's reputation through

low-level diplomatic discourse and to gain insight into the local culture. In the case of *Montréal's* visit, it was used as an opportunity to further relations with local seat of government, the Lord Mayor, Dr. John Mahoney and Devonport Deputy Base Commander Capt Phillip Waterhouse. Both the Lord Mayor and Deputy Base Commander expressed their gratitude of a visit by the Royal Canadian Navy and their hopes for future visits to Plymouth. While much of the conversations were centred on the usual platitudes and pleasantries over tea and crumpets, it was also an opportunity for our CO to laud *Montréal's* recent successes during the Maritime Theatre Missile Defence At Sea Demonstration 2015 (ASD 15) and Exercise Joint Warrior 152. Joint Warrior and ASD 15 were, by any measure, an

overwhelming success for Canada and our allies in terms of seamlessly integrating into a large multi-national force, assisting in the prosecution of the first ballistic missiles to have been launched from the UK, real time link over vast distances and the provision of area defence platform. In the end, *Montréal* defeated three inbound Mirach drones using the Ship's Guided Missile Vertical Launch System. The Enhanced Sea Sparrow Missiles launched at the subsonic Mirach drones each found their mark under difficult and challenging circumstances. The team effort required to achieve these results was borne of a ship wide commitment to the success of ASD 15. Three short days later, her crew rested and recharged, *Montréal* slipped the side from HMNS Devonport and put to sea to ren-

dezvous with the USS The Sullivans and USNS William Mclean for a trans-Atlantic crossing to Mayport, Florida. The time spent ashore acting as true ambassadors

to Canada and spreading the story of *Montréal* and the RCN will undoubtedly ensure the story of the Royal Canadian Navy is entrenched in their local history.

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TRIDENT

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Schedule
for 2016

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Jan 25

Feb 8 MFRC

Feb 22

March 7 MFRC

March 21 Posting Season Special

April 4 MFRC

April 18 Battle of the Atlantic Special

May 2 MFRC

May 16

May 30 MFRC

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July 11

July 25 MFRC

August 8

August 22 Back to School Special

Sept 5 MFRC

Sept 19 Home Improvement Special

Oct 3 MFRC

Oct 17

Oct 31 MFRC / Remembrance Special

Nov 14 Holiday Shopping Special

Nov 28

Dec 12 MFRC / Year End Review

CANADIAN FORCES CANADIENNES

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Community Calendar

Reunion and event notices must be submitted by mail, fax or internet. editor@tridentnews.ca include the sender's name and phone number.

A notice will not be published if the event is to happen more than one year from publication date. Submissions may be edited.

Screenwriters' Circle

Time: 6 p.m.

Date: Wednesday, January 13

Location: 5663 Cornwallis St., Halifax

The Atlantic Filmmakers Co-operative hosts a free Screenwriters' Circle on the second Wednesday of each month. Everyone is invited, and no experience is required, only a desire to write. Brett Hannam and John Davies act as hosts for the evening, with discussions focusing on screenwriting structure and conventions. Coffee is provided and participants are also encouraged to bring snacks. For more information, call 902-420-4572.

Candid Conversations About Racism

Time: 7 p.m.

Date: Wednesday, January 13

Location: Scotiabank Theatre, St. Mary's University

The Canadian Centre for Ethics in Public Affairs is inviting the public to attend the opening of a four-part speakers series, a partnership between the Atlantic School of Theology, Saint Mary's University and Dalhousie Uni-

versity, entitled "Candid Conversations on the Impact of Racism in Nova Scotia." The events will discuss topics and questions like the manifestation of racism in our society, our obligations to address racism, and if racism is holding Nova Scotia back. The keynote speaker for the January 13 session will be Dr. Frances Henry, Professor Emerita at York University. For more information, contact Ingrid Waldron at iwaldron@dal.ca.

Titanic Society Monthly Meeting

Time: 2-4 p.m.

Date: Sunday, January 17

Location: Maritime Museum of the Atlantic

The Titanic Society of Atlantic Canada is inviting anyone interested in becoming a member to their next monthly meeting, taking place Sunday, January 17 at the Maritime Museum of the Atlantic Meeting Room. Get to know the members, take in presentations and Show & Share sessions and enjoy some light refreshments. The society was

established in 2012 by a small and enthusiastic group of individuals who share a love for all things dealing with the history of the Titanic. For more information, contact Deanna Ryan-Meister at titanicsociety@eastlink.ca

The RCN and the First World War: The First Two Years

Time: 7:30 p.m.

Date: Tuesday, February 16

Location: Maritime Museum of the Atlantic

As part of the Maritime Museum of the Atlantic's free series of Tuesday Night Talks, Join Col (ret'd) John Boileau as he gives an illustrated talk focusing on the RCN's first two years at war. The public talk will cover topics like the state of the RCN prior to 1914, the establishment of East Coast patrols, and the rapid increase in manpower and ships during the early years of war. After retiring from the CAF after 37 years, Boileau began working as an author and has since published 11 books, including *Halifax and the Royal Canadian Navy*. His latest is the soon to be

released *Too Young to Die: Canada's Boy Soldiers, Sailors and Airmen in the Second World War*.

Film screening: Sisters in Arms

Time: 11:30 a.m. – 12:30 p.m.

Date: Tuesday, January 26

Location: Juno Tower Oberon Room, Stadacona

The Atlantic Region Defence Women's Advisory Organization is hosting a second screening of the 2010 film *Sisters in Arms* at Juno Tower's Oberon Room on January 26. The documentary, directed by Beth Freeman, follows three female CAF members who deployed and took part in combat as part of the mission in Afghanistan. Through interviews, wartime footage and diary entries, the film reveals details of life on the front lines as a female soldier, the emotional toll of combat on serving members and their families, and the realities of living life as a combat veteran upon returning. *Sisters in Arms* has received a number of awards and has been screened at film festivals across North America since its release.

HMCS Fredericton

continued from / Page 3

ment of Canada," he said. He also thanked the MARLANT community and other friends of the RCN for support as he and his team worked to bring Fredericton up to a level of operational readiness. The contingent gathered on the jetty included VAdm Mark Norman, Commander RCN, Cmdre Craig Baines, Commander CANFLT-LANT, a group of retired admirals and commodores, and BGen (ret'd) J.J. Grant, Lieutenant Governor of Nova Scotia.

"Over the last six months; we've gone through one of the most intensive programs that I have ever been a part of, and we've received wonderful support through that," Cdr MacLean said. In a statement, The Honourable Harjit Sajjan, Minister of National Defence, remarked on the importance of having the presence of Fredericton and its 250-man crew as part of Standing NATO Maritime Forces. "The deployment of our modernized Halifax-class frigates and their world-class capabilities on Operation REASSURANCE

demonstrates the Royal Canadian Navy's continued readiness to respond to the security objectives set forth by the Government of Canada and the interoperability we share with our NATO allies,"

he said. Fredericton will replace HMCS Winnipeg when it arrives in the Mediterranean, with the ship and crew expected to return to Halifax in June.

Officer's Mess
Calendar

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the ceiling to the water. The big event for the afternoon was the family skate where even Santa and Rudolph got out on the ice to hand out candy canes. More than 20 volunteers helped with the event, from the planning to the execution. Holiday Fest is a reminder for people to get into the spirit of the season and to spread awareness about services offered by the MFRC. Col Peter Allan, 12 Wing Commander, was present and praised the MFRC for their efforts.

"I depend on the MFRC heavily to provide support to our families and help families out when my members are off deployed. So, events like this are great to get families engaged with the MFRC. For some it will be their first exposure, so this is a way to reach out to families and help them understand the support services that are available," said Col Allan.

All-State Auto Insurance and the

rendues au Sportsplex et ont participé aux nombreuses activités les plus amusantes les unes que les autres. Deux invités très spéciaux étaient aussi sur place, soit le Père Noël et le Petit Renne au nez rouge, et malgré leur horaire chargé, ils ont pris le temps de donner de petits cadeaux et ont pris des photos avec les familles. Durant la matinée, les familles ont eu la chance de se baigner à la piscine et les plus braves se sont aventurés dans les grandes glissades d'eau qui tourbillonnaient du

ant afin de participer aux tirages
hâtifs du mois de février. Les
billets sont au coût de 120\$ et les
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*Children at the Shearwater site
enjoy playing with their new toys.*

à améliorer la programmation de ces deux centres. Pour des photos et pour plus d'informations, veuillez, svp, visiter notre page Facebook au www.facebook.com/HalifaxRegionMFRC.

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The story of the Wolf

By SLt Duncan Wolfe,
HMCS *Montréal*

For years, sailors of HMCS *Montréal* have seen a plaque within the Commanding Officer's stateroom that outlines a significant and historical event from 18 December 1944. The event took place onboard *Montréal* K351, the RIVER class corvette, during the Second World War. After completing Joint Warrior and MTMD At Sea Demonstration 2015, while enroute to Plymouth, UK for a port visit, *Montréal* FFH 336 had the opportunity to visit the site of that historical event where *Montréal* I captured 18 crewmen of the German U-boat U-1209.

Montréal II sailed past Wolf Rock on October 29, 2015, flying her Battle Ensign in honor of this event that took place almost 71 years to the month. This sailpast represented a time to reflect upon events of the past and coincided with a major milestone for both the ship and crew of *Montréal* II. The ship and her crew recently integrated into an International Task Group as part of the Maritime Theatre Missile Defense At Sea Demonstration 2015 and fired 3 Evolved Sea Sparrow Missiles in support of that exercise. Wolf Rock is the origin of how *Montréal* received the name The Wolf.

The story of the wolf (which you will see on our ship's gun) began on December 18, 1944, when 18 sailors were captured by *Montréal* I's crew due to U-1209 running aground at Wolf Rock, approximately eight miles southeast of Land's End, England. Two significant factors led to the U-boat running aground. The first was the constant depth charge bom-



HMCS *Montréal*, flying her Battle Ensign, sails past Wolf Rock on October 29, 2015. Seventy-one years earlier, during the Second World War, the ship's predecessor of the same name captured 18 sailors from U-1209 when that submarine ran aground on Wolf Rock.

CDR KRISTJAN MONAGHAN, HMCS *MONTRÉAL*

bardments conducted by Allied warships in the area around Wolf Rock, a known area for U-boat activity. The second was the heated exchange between the Commanding Officer of the U-1209 and his first officer minutes before going aground.

Among those captured was

Oberleutnant zur See Ewald Hülsenbeck, the 25-year-old Commanding Officer of U-1209. His attempts to swim away from the Canadian ship were so great that while onboard *Montréal* I, he died of a heart attack. There is some speculation the young U-boat captain had ingested a cyanide pill to avoid interrogation

or to simply avoid the guilt of failing his country.

The plaque in the Commanding Officer's stateroom, donated by Joe Kirby, a member of *Montréal* I during the capture of the sailors, outlines the particulars of the event from his point of view, including the heated debate between captain and first

officer aboard the submarine. This marks a momentous occasion for both *Montréal* and the ship's captain, Cdr Monaghan, who took advantage of this opportunity enroute to Plymouth, UK and took this photo, as a picture such as this, is really worth a thousand words and a time for introspection given.

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Skits, costumes and gunnery highlight St. Barbara’s Day tradition

By Ryan Melanson,
Trident Staff

All eyes were on LS Paul Horseman and the rest of his team as they approached the deck gun and turned toward the crowd.

“We’ve been receiving reports of paranormal activity aboard HMCS *Sackville*!” he exclaimed, as the team from HMCS *St. John’s* kicked off their performance as part of the St. Barbara’s Day gunnery competition.

Four teams took part in the annual event, which was held on December 4 at *Sackville’s* winter berth alongside NC Jetty, with the team from *St. John’s* taking the top prize thanks to a well-rehearsed skit and elaborate *Ghostbusters* costumes.

As master of ceremonies CPO2 Bruce Lilly explains, the event has been held in one form or another for nearly a century to pay homage to St. Barbara, the patron saint of gunners.

“It’s a bit of a superstitious thing, we do this each year and it should give us good luck into the next year,” he said.

The competition has



The team from HMCS *St. John’s* was the trophy winners at the annual St. Barbara’s Day gunnery competition. From left, LS Paul Horseman, SLt Steven Holst-Diemand, CPO2 Bruce Lilly, LS George Flemming, MS Glenn Lewis and LS Kahn Pike.

MCPL HOLLY SWAINE, FIS HALIFAX

changed in format through the years, and while participants still fire their shots (.50 caliber blanks) into the harbour, the costumes and theatrics also play a big role in determining a winner. Among the crowd gathered

near *Sackville* were a number of retired gunners who serve as judges for the competition.

“What they’re looking for are the basics of a gunnery drill, and of course the costumes, the spirit, the originality, and just how much effort

they put into it. It all goes into account,” CPO2 Lilly said.

And the crew from *St. John’s* certainly wasn’t lacking in spirit or effort. Together, the group consisted of LS Horseman and LS Kahn Pike

taking the role of the *Ghostbusters*, with LS George Flemming and MS Glenn Lewis each dressed as a ghost and SLt Steven Holst-Diemand in costume as the ghost of St. Barbara herself.

The team acted out a scene that involved a skirmish with the paranormal creatures on the ship’s deck, complete with homemade proton pack weapons and even a few one-liners from the classic 80’s films. For the finale, of course, *Sackville’s* deck gun was used to take out the final ghost.

With the victory, *St. John’s* earns the right to display the St. Barbara’s Day trophy in the ship for the next year.

CPO2 Lilly said St. Barbara’s Day has become a fun occasion to build team spirit and esprit de corps, and that he particularly enjoys seeing young sailors get an experience with the older weaponry found on the Flower-class corvette.

The event also marked the 31st anniversary of the Naval Weapons Association, which hosts the competition, and the 16th consecutive year that HMCS *Sackville* has been involved.



Since it was established by the Nova Scotia Rifle Association in 1865, The Bedford Rifle Range has been the location where countless military personnel have acquired and refined their weapons training.

SUBMITTED

Bedford Rifle Range turns 150

By CPO2 J. P. Simon,
CFNOS

Long before there was a Royal Canadian Navy, young men honed their shooting skills on an expanse of land where the villages of Bedford and Lower Sackville met. Long before there was an intersection of Highways 101 and 102 and long before the cars that would one day use it, young men rehearsed their rifle loading drills in the fields beside the Sackville River either under a blazing summer sun or under layers of woolen clothing to combat the harsh winter cold. In fact, for the last 150 years, the staffs at the Bedford Rifle Range (BRR) have trained nearly every sailor, soldier and airman in the use of pistols, shotguns, rifles, .50 calibre heavy machine gun and demolitions. Although not designated as a museum, the mounted pictures that line the halls of this venerable facility treat visitors to an historic journey through the continually changing uniforms and weapons that have graced the BRR’s firing lanes over the last century and a half.

Originally founded by the Nova Scotia Rifle Association in 1865, their first competition a year later drew some 400 competitors, a staggering amount given the population of the area at that time. This impressive turnout may be explained by the fact that during this time period, all able-bodied men between the ages of 16 and 60 were required to join a militia unit

and undergo basic military training, particularly marksmanship.

As well, the sport of organized target shooting was in its infancy and a very novel and popular activity at the time. The 1866 prize meeting was opened with a match fired at 300 yards and won by LCol Lyons of 6th Kings Militia. There was also a team match for the prize of a silver bugle presented by Lady Mulgrave, the wife of the Lieutenant Governor of the Province. This match was won by a team from Dartmouth known as the Mayflowers. More recently, from 1980 until 2013, six different CAF marksmen from Nova Scotia (Regular and Reserve) have won the prestigious Queen’s Medal for Champion Shot an impressive 17 times in National Service Rifle competitions. In the early 20th century, control of the Bedford Rifle Range was passed to the military which would go on, in the following years, to train the endless streams of men leaving to fight in the two World Wars.

Since 1968, the BRR has been operated by CFNOS and its precursor, the Canadian Forces Fleet School Halifax and is now permanently staffed by Regular and Reserve Force Boatswains.

It encompasses over 625 acres of protected land that is part of the Sackville River Watershed, only 14 acres of which comprise the actual shooting range.

See RIFLE RANGE / Page 9



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From left, CFB Halifax BLog Unit Chief CPO1 Luc Pilon, MWO Graham James, Maj Nasser Krizou, CFB Halifax Base Commander Capt (N) Chris Sutherland, and BLog Officer Cdr E.J. Godsell show off the LEED gold plaque at TEME's Willow Park facility.

RYAN MELANSON/TRIDENT STAFF

TEME facility recognized for sustainability

By Ryan Melanson, Trident Staff

Willow Park is now officially home to CFB Halifax's most environmentally friendly building.

Base Logistics Transport, Electrical, and Mechanical Engineering (TEME) recently re-

ceived gold certification from Leadership in Energy and Environmental Design (LEED) Canada, with a plaque marking the designation now proudly displayed in the lobby of WL-57.

This marks the second time the base has received accolades from

See TEME / Page 10

RCN Benevolent Fund still thriving, helping sailors after 70 years

By Ryan Melanson, Trident Staff

"The more I have to do with it, the more fully I realize the value and necessity for the Canadian Naval Service Benevolent Trust Fund as one of those services essential for the social and moral welfare of the Service and as an important link in the Naval chain."

Those words, written in 1949 by RAdm George L. Stephens, describe the Canadian Naval Service Benevolent Trust Fund seven years after its inception. Sixty-five years later, much has changed, including the name of the organization, the scope of the services provided, and the criteria of eligibility for assistance. But still, The Royal Canadian Naval Benevolent Fund remains an important part of the Naval chain, working "To relieve distress and promote the well-being of the members and former members of the Naval Forces of Canada and their dependants."

Today, the RCNBF does this mainly through distress relief in the form of grants or interest-free loans, and education assistance through bursaries and scholarships.

The Fund, a non-profit organization, was established in 1942

when Admiral's of the day identified a lack of financial resources available for families of RCN sailors who suffered unexpected financial difficulties while ships were away for long periods of time.

"The senior leadership of the Navy realized there was a problem and took decisive action," explained RAdm (ret'd) Barry Keeler, Chairman of the RCNBF Eastern Committee.

Eligibility for RCNBF services has expanded over the years, from being open only to pre-unification RCN members to now also include Merchant Navy Veterans and former and serving post-unification RCN members. The Fund also gives consideration to Army and RCAF members, including reservists, who have served in operational units of Maritime command.

"And that's a point we try to hammer home, that we are the Naval Benevolent Fund but we can help people who wear the other colour uniforms as well," said Paul O'Boyle, Secretary of the RCNBF Eastern Committee. With three committees that meet in Halifax, Ottawa and Esquimalt, the Fund is governed by about 40 volunteer members, from which 12 directors are elec-

ted each year.

Some of the common issues that fall under distress relief include required home repairs, dental work, medical devices, fire damage, moving expenses and legal fees, among many others. As an example of a recent case, RAdm Keeler described a current CAF member who suffered debilitating complications from cancer treatment, and received a \$7,000 grant through the RCNBF and the CF Personnel Assistance Fund for accessibility-focused home modifications. Minor disbursement grants of up to \$1,000, which can be approved immediately, are also offered in emergency cases of dire need.

To date, the RCNBF has provided assistance in the various forms to 24,000 individuals, with a total dollar amount that has surpassed \$17 million.

As the number of requests for distress relief have, thankfully, gotten fewer over the years, the Fund has been able to enter the field of providing assistance to members and their dependents seeking to further their education at Canadian post-secondary insti-

See FUND / Page 10

Rifle Range

continued from / Page 8

The land at the BRR is a rich and diverse landscape that contains one of the most complex ecosystems in the surrounding Acadian Forest. The protected Sackville River transverses the BRR and annually proves its volatility by flooding the lower areas of the BRR, sporadically reaching the front doors of the range's administration and learning centre and making it easy to see how it is the largest source of fresh water into the Halifax harbour. BRR staff annually participates in the Sackville River Cleanup, organized by a local environmental group. In a single year, the staff was able to fill two dumpsters with garbage including several shopping carts, collected along the relatively small area that passes through the BRR, allowing our personnel to contribute their small part towards the protection of the environment in the local community.

Although the range has remained largely unchanged throughout its long history, recent years have seen the construction of a 50-metre pistol range adjacent to the 600-metre main range which permits an even greater number of military members to be trained daily. The BRR now trains in excess of 3500 CAF personnel every year with the facilities also being used at night and on weekends by groups such as the RCMP, Halifax Regional Police, the Department of Natural Resources (DNR - Fisheries), the Canadian Border Services Agency (CBSA) and the CFB Halifax shooting team. Members from CFB Halifax, HMC Ships' crews and Boarding Parties, 12 Wing Shearwater, CFNOS and CFNES are required to annually certify on such weapons as Sig Sauer and Browning pistols, C7, C8, C9, MP5 H&K submachine gun, Remington 870 shotgun and .50 Cal M2 HB QCB machine gun. Naval Demolitions dry land training is also conducted throughout the year for Boat-swains and Naval Demolitions Officers in advance of the live phase conducted at Camp Alder-shot in Kentville, NS.

There are very few military experiences that are universally shared by CAF members on the East Coast. If you have spent any significant amount of time in the Halifax area, however, it is guaranteed that you've spent at least a day or two at one of the Navy's busiest training centres and the oldest, most historic and continuously operational shooting range in Canada, the Bedford Rifle Range. Happy 150th.

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A New Year’s resolution



Padre’s Corner

By Lt(N)Padre Cole,
CFNES/CFNOS Chaplain,
CFB Halifax

It is hard to believe that another year has come and gone and we enter into a brand new year in which we will be faced with new commitments, challenges and perspectives. For many of us, a new year is a time to make a new resolution or promise to ourselves, so that we can improve upon our lives and create a new and positive way of living and thinking.

Winter has finally arrived and with it comes an opportunity to enjoy the many blessings that this season brings. I must confess that I am not a big fan of winter but when it arrives we have to make the best of it and search diligently for God’s blessings and truly enjoy what we have. We have the opportunity to go skiing, sliding or skating at the arena with our kids and family or simply a nature hike on a frosty afternoon. God calls us to take time for ourselves, families and friends and enjoy and appreciate

the blessings of the season.

Recently, my daughter and I had the opportunity to go skating at the arena, which we both enjoyed very much. It was a beautiful cold Saturday afternoon that was followed by a steaming cup of hot chocolate at a local coffee shop. As we were leaving the coffee shop, she asked me what my New Year’s resolution is going to be this year. I responded with the usual, “to do more walking and skating.” Then I asked her what her resolution would be, to which she replied, “I want to be a better baker.” She is already a good baker, but she wants to improve in that area, so we decided to go home and bake a cake and enjoy each other’s company for the rest of the afternoon. I have to admit, she was the baker and I was the helper. We started by adding the most important ingredients first, so she added in flour, eggs, sugar and the cake mix, along with the other necessary ingredients and mixed them all together into a big bowl. Then we baked the cake and after it cooled, put the icing on the outside.

As we were baking the cake, I began to reflect on the significance of the key ingredients and how essential they were to baking a great cake. Our spiritual lives today are no different; we need to add the essential key spiritual ingredients in our day-to-day lives if we want the best results. As we journey through life and as we face the challenges and demands of yet another winter season, there are many spiritual ingredients that we can use to lift our spirits and our attitudes. It can become all too easy to say, “it is too cold out today to go skating or it is too frosty out to go skiing.” If we add in excuses and negativity as our key spiritual ingredients, we may turn out a little dry and spiritually deflated.

At this time of year, we are called to nourish ourselves by staying positive, finding time to spend with those we treasure most, whether it be skating, skiing or building a snowman on a snow day. When we throw in time, energy, exercise, positivity, love and support, we are well on the way to rising above the challenges and demands of the winter

TEME building

continued from / Page 9

LEED Canada, with Juno Tower at Stadacona certified LEED silver in 2005, the first building in Nova Scotia to be awarded under the program.

“And the statement of work back in 2009 was to make this a LEED silver certified building as well,” said MWO Graham James.

“So the team actually ended up exceeding that. As they got going and engineers got involved, they were able to tweak some aspects of the building to get even more points.”

The unit recently hosted Capt (N) Chris Sutherland, Base Commander CFB Halifax, for a tour of the their headquarters and an explanation of its sustainability-minded features.

“As an example, we have no light switches in the building, which is great. You never have to worry about leaving them on, everything goes off automatically,” MWO James said.

The building also makes use of rainwater for toilets and vehicle wash bays, tapping into the municipal water system only when necessary.

Extra points on the LEED rating system were also being gathered during the construction phase, with nearly 80 per cent of building materials being locally sourced, reducing the carbon footprint.

While the modern, green construction process increases initial costs, benefits like tax incentives for sustainability and lower energy use will lead to cost savings over time, MWO James said.

Construction on the TEME building began in 2009, with the unit officially moving into the space in April of 2014. The facility’s official name is the Sergeant Hector McPhail Building, in honour of the Afghanistan veteran who died of cancer in 2011.

LEED is an internationally recognized rating system for commercial buildings and homes, and has been administered in Canada by the Green Building Council since 2002. The program recently reached the milestone of 3 billion square feet of space certified across the country.

season and continuing to live a healthy, enthusiastic and Spirit filled life. As we move forward together let us take a moment and dig out our spiritual recipe book where everyday key ingredients can be used to support ourselves and one another. Let us take time and ask ourselves what our resolution will be this year. Who knows, the end result may be surprising.

Fund

continued from / Page 9

“Education assistance is a continually growing aspect of what we do,” O’Boyle said, noting that the RCNBF administers two bursaries under its own name, including one focusing on trades/vocational studies, as well as the CPO Douglas R. Hooser Bursary and the CPO Andrew McQueen Jack Educational Trust Bursary. The values of the awards range from \$1,000 to \$5,000 annually.

The Fund also partners with the Navy League of Canada on a Royal Canadian Sea Cadet Scholarship, awarding as many as ten \$1,000 scholarships per year to cadets entering their initial year of college or university.

For MARLANT Formation Chief CPO1 Pierre Auger, education assistance is an aspect that sets the RCNBF apart from other services available CAF members and retirees, and it’s part of what makes him encourage command teams to educate their units about the Fund and its services.

“If there was a message I would like to get out, it would be for sailors to understand there is assistance out there above just times of distress, that this is something that can also help you or your children or your grandchildren in paying for an education. That’s very important and it’s an area where we know every little bit counts,” he said.

And the Fund plans to continue providing these services as long as necessary. While it works closely with JPSU and the Integrated Personnel Support Centres, it remains an autonomous, non-government organization, relying on donations for support.

Serving members applying for distress relief through the RCNBF should do so through their unit, while all other applications should be made through Veterans Affairs Canada or Royal Canadian Legions. For more information on the RCNBF application process as well as bursary and scholarship application guidelines, contact Paul O’Boyle at rcnbf.ec@eastlink.ca, or go online at rcnbf.ca. Serving and retired members interested in becoming volunteer members with the RCNBF are also encouraged to reach out.

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Et les gagnants sont... And the winners are...

Par Pascale Lalonde, SBMFC

Une ambiance enflammée régnait à Ottawa le 27 novembre dernier alors que les meilleurs athlètes, entraîneurs, officiels et équipes des Forces armées canadiennes (FAC) étaient réunis pour célébrer l'excellence sportive à l'occasion de la Cérémonie annuelle du mérite sportif. Au nombre de nos invités d'honneur figuraient le Vam Mark Norman, commandant de la Marine royale canadienne, le Cmdre Mark Watson, directeur général – Services de bien-être et moral, ainsi que des représentants de nos généreux commanditaires, à savoir Canadian Tire, Sport Chek, Sports Experts, BMO Banque de Montréal et le programme des Services bancaires pour la communauté de la défense canadienne.

La cérémonie de cette année a marqué le 30^e anniversaire de l'adhésion des FAC au Conseil International du Sport Militaire (CISM). Dans cet esprit, l'Ordre du mérite du CISM a été remis à quatre membres exceptionnels des FAC : le Lgén Christine Whitecross a été élevée au rang de Grand Officier, le Maj Kevin Poirier s'est vu décerner le grade de Chevalier et l'Adj (ret) Kenneth McDonald et le Sgt (ret) George Mooney ont tous deux accédé au rang de Grand Chevalier.

En nouveauté cette année, le Prix du dévouement aux sports des FAC a été remis à des personnes qui ont fait preuve d'un dévouement exemplaire en consacrant temps et efforts et en offrant leur soutien à la promotion et à l'avancement des sports des FAC. Les récipiendaires étaient : le Capc (ret) Antonio Zezza, l'Adj David Oakie et le Sgt (ret) George Mooney.

Au cours de la soirée, deux athlètes méritants ont été inscrits au Tableau d'honneur des sports des FAC en reconnaissance de

leurs réalisations remarquables. Il s'agit de l'Adjum Mario Gervais qui s'est distingué au badminton et du Capt Khaled El Seweify, au squash. Ces deux athlètes ont apporté une contribution importante au programme de sports des FAC tout au long de leur carrière militaire.

Par la suite, on a procédé à la remise du prix le plus prestigieux de la soirée. L'intronisation au Temple de la renommée des sports des FAC est réservée aux candidats dont les exploits sportifs ont été exceptionnels. Le récipiendaire de cette année a été l'Adjuc Tony Stuckless, golfeur.

Le dévoilement des gagnants des prix d'accomplissement sportif des FAC constitue toujours l'un des faits saillants de la cérémonie. Les gagnants de cette année, dans chaque catégorie, étaient :

Mat 3 Yvette Yong, Athlète féminine de l'année;
Maj Martin Lamontagne-Lacasse, Athlète masculin de l'année;
M 2 Craig Wells, Entraîneur de l'année; et
Cpl Andy Social, Officiel de l'année.

En plus d'occuper un emploi à plein temps, de poursuivre des études et de s'acquitter de ses responsabilités de réserviste de la Marine, le Mat 3 Yong a maintenu un horaire d'entraînement et un calendrier de compétitions rigoureux. En 2014, elle a remporté entre autres une médaille d'argent au US Open, une médaille d'argent aux championnats panaméricains et une médaille d'or au Turkish Open.

Comptant plus de 20 épreuves d'endurance complétées l'année dernière, le Maj Lamontagne-Lacasse a accumulé de nombreux honneurs, dont une 1^{re} place au Triathlon de Gatineau avec le meilleur chrono des FAC pour une deuxième année consécutive. Il s'est classé 1^{er} dans son groupe d'âge au Championnat canadien

By Pascale Lalonde, CFMWS

On November 27, the atmosphere was electric in Ottawa as CAF top athletes, coaches, officials and teams were reunited to celebrate athletic excellence at the annual Sports Awards Ceremony. VAdm Mark Norman, Commander of the Royal Canadian Navy and Cmdre Mark Watson, Director General Morale and Welfare Services were among distinguished guests that also included representatives from our generous sponsors Canadian Tire, Sport Chek and Sports Experts, as well as BMO Bank of Montreal and the Canadian Defence Community Banking program.

This year's ceremony marked the 30th anniversary of the CAF joining CISM, le Conseil international de sport militaire, and it was highlighted with the CISM Order of Merit awarded to four outstanding CAF members: LGen Christine Whitecross to the grade of Grand Officer, Maj Kevin Poirier to the grade of Knight, WO (ret'd) Kenneth McDonald to the grade of Grand Knight; and Sgt (ret'd) George Mooney to the grade of Grand Knight.

New this year, the Dedication to CAF Sports award recognized those who have gone above and beyond to provide time, effort and support to the promotion and development of CAF sports. The recipients were LCdr (ret'd) Antonio Zezza, WO David Oakie, and Sgt (ret'd) George Mooney.

The next athletes to be honoured were two deserving members named to the CAF Honour Roll in recognition of their outstanding accomplishments: badminton athlete MWO Mario



CAF Coach of the Year PO2 Craig Wells accepts his award from Landon French of Jumpstart Charities and Lisa Levac from BMO.

Gervais, and squash athlete Capt Khaled El Seweify. They both have made a significant contribution to the Sports Program throughout their respective military careers.

The most prestigious category followed. Induction into the CAF Sports Hall of Fame is reserved for only the most deserving candidates. This year's inductee was golfer CWO Tony Stuckless.

Traditionally, the presentation of the awards for CAF Sports Achievement is always one of the most exciting parts of the ceremony. This year's individual winners were:

OS Yvette Yong, Female Athlete of the Year;
Maj Martin Lamontagne-Lacasse, Male Athlete of the Year;
PO 2 Craig Wells, Coach of the Year; and
Cpl Andy Social, Official of the Year.

In addition to full-time employment, studies and her responsibilities as a Naval Reservist, OS Yong has maintained a rigorous training and competition schedule. In 2014, she earned a

silver medal at the US Open, a silver medal at the Pan Am Championships, and a gold medal at the Turkish Open, just to name a few.

With more than 20 endurance events completed last year, Maj Lamontagne-Lacasse has earned many awards including a 1st place finish at the Gatineau Triathlon with the fastest time in the CAF for 2 consecutive years. He ranked 1st in his age group at the Magog National Canadian Championship. He added 5 Half Ironmans to his list on top of the challenging Ironman Mont-Tremblant where he excelled finishing 15th among more than 2,000 competitors. Just weeks ago, Maj Lamontagne-Lacasse represented Canada at the 6th World Military Games where he won a silver medal.

The final awards of the evening were given to the CAF CISM Men's Fencing Team, and 14 Wing Greenwood Men's Slo-Pitch Team, respectively honoured as Team of the Year for Individual and Collective Sports.

Congratulations to all of this year's remarkable award winners.

à Magog. À sa liste d'exploits, il a ajouté 5 demi-Ironman en plus du redoutable Ironman Mont-Tremblant où il a excellé une fois de plus en décrochant une 15^e place parmi plus de 2000 compétiteurs. Il y a quelques semaines, le Maj Lamontagne-

Lacasse a représenté le Canada aux 6^{es} Jeux Mondiaux Militaires où il a raflé une médaille d'argent.

Les derniers prix de la soirée ont été remis à l'équipe masculine d'escrime des FAC CISM qui a décroché le Prix de l'équipe

de l'année (sports individuels) et à l'équipe masculine de balle lente de la 14^e Escadre Greenwood, récipiendaire du Prix de l'équipe de l'année (sports collectifs).

Félicitations à tous les grands gagnants de cette année.

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UPCOMING GAMES IN FEBRUARY!

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 PEI 7PM	6
7	8	9	10	11	12	13 PEI 7PM
14 ORG 2PM	15	16	17	18 MON 7PM	19 PEI 7PM	20
21	22	23	24	25	26 NIA 7PM	27
28	29					

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Health Promotion Services (PSP) program schedule – winter/spring 2016



Open to CAF members, CAF families (18 years of age and older) and civilian employees. All programs are free of charge.

ACTIVE LIVING & INJURY REDUCTION

Injury Reduction Strategies for Sport & Physical Activity

Jan 22, 0800-1200 hrs, Stadacona

Mar 10, 0800-1200 hrs, Dockyard.

NUTRITIONAL WELLNESS

Better Health: Nutrition & Fitness Fundamentals

May 5 - 26 (Thurs,) 0800-1200 hrs, Stadacona.

Nutrition Workshops

-Build a Better Plate, Jan 21,1400-1530 hrs, Shearwater

-Nutrition 101, Feb 10, 0800-1200 hrs, Stadacona

-Sugar: What’s the Deal? Mar 10, 1400-1530 hrs, Dockyard

-Nutrition 101, Apr 19, 0800-1200 hrs, Shearwater

-Superfoods, Jun 15, 1400-1530 hrs, Stadacona

Sobeys Taste & Learn (in partnership with Sobeys)

-Power Bars and Shakes, Jan 22,1400-1530 hrs, Sobeys Wyse Road, Dartmouth

-Rush-hour Meals, Mar 8, 1400-1530 hrs, Sobeys Wyse

BCPO/CIVPER reunion brings together retired and serving DND personnel

By Jan Galipeau and Donna Stringer

We spend more of our waking hours with work colleagues and through shared life stories, celebrate births, graduations, marriages, successes and retirements. We are supported and comforted through illnesses and passings by members of our work family.

To reconnect with retirees, a first-time reunion of Civilian Human Resources (DCHRSC (A), formerly BCPO, and MARCOM DCosCivPer, current and retired staff was held on October 30, 2015 at the Springfield Lake Recreation Centre in Middle Sackville, NS.

Eighty people were in attendance, travelling from communit-

ies throughout the Maritime Provinces. A number of attendees are 25 years into retirement.

Three of the four former BCPOs attended, retirees Paul Glenister and Bud Harnish, along with current employee Jim Stewart who served as both a BCPO and Director of CHRSC(A).

With more than 2500 years of DND public service accumulated by attendees, there were many wonderful memories and pictures shared. Laughter filled the air, tears of joy shed as people reconnected and caught up. A wonderful time was had by all and the gift of new memories was taken away. Donations were made to support the Ovarian and Breast Cancer charities.



Jim Stewart, Director CHRSC(A) (centre) greets two retirees from the BCPO and CHRSC(A) during the reunion on October 30.

SUBMITTED

Road, Dartmouth

Building a Better Grill, May 13 ,1400-1530 hrs, Sobeys Wyse Road, Dartmouth

Top Fuel for Top Performance

Feb 11 & 18, 0800-1500 hrs, Stadacona

Apr 13 & 20, 0800-1500 hrs, Shearwater

Jun 9 & 16, 0800-1500 hrs, Stadacona.

SOCIAL & MENTAL WELLBEING

stress.calm

Mar 16 - 30 (Wed), 0800-1500 hrs, Stadacona

May 27 - Jun 10 (Thurs), 0800-1500 hrs, Dockyard.

Managing Angry Moments

Feb 3 - Mar 2 (Wed), 0800-1100 hrs, Stadacona

Apr 7 - May 5 (Thurs), 0800-1100 hrs, Shearwater.

Inter-Comm (Interpersonal Communication)

Feb 17 & 18, 0800-1600 hrs/ 0800-1200 hrs, Stadacona

Apr 6 & 7, 0800-1600 hrs/ 0800-1200 hrs, Shearwater.

Mental Fitness & Suicide Awareness

Feb 4 & 5, 0800-1600 hrs / 0800-1200 hrs, Stadacona

Mar 3 & 4, 0800-1600 hrs / 0800-1200 hrs, Shearwater

Apr 13 &14, 0800-1600 hrs / 0800-1200 hrs, Dockyard

Jun 9 & 10, 0800-1600 hrs / 0800-1200 hrs, Shearwater.

Family Violence Awareness: Supervisors’ Training

Feb 12, 0800-1200 hrs, Shearwater

Apr 8, 0800-1200 hrs, Stadacona

Jun 3, 0800-1200 hrs, Shearwater.

ADDICTION-FREE LIVING

Alcohol, Other Drugs, Gambling and Gaming Awareness

Supervisors’ Training

Jan 28 & 29, 0800-1600 hrs / 0800-1200 hrs, Shearwater

Mar 23 & 24, 0800-1600 hrs / 0800-1200 hrs, Stadacona

May 25 & 26, 0800-1600 hrs / 0800-1200 hrs, Shearwater.

General Awareness Training

Feb 22, 0800-1600 hrs, Stadacona

Apr 27, 0800-1600 hrs, Shearwater

Jun 14, 0800-1600 hrs, Stada-

cona.

Driving While Impaired Awareness and Prevention

May 13, 0900-1200 hrs, Stadacona.

Responsible Party Hosting

Jun 1, 0900-1200 hrs, Stadacona.

Tobacco Cessation

Butt Out (Self-Help & Group Programs available)

Please contact Health Promotion Services at 722-4956 for more details.

For more information and/or to register, please visit the Health Promotion Services Program Schedule webpage at www.psphalifax.ca

Email: hfxhealthpromotion@forces.gc.ca, Phone: (902) 722-4956

Check yourself before PT to stay healthy

By Ryan Melanson, Trident Staff

Physical training is an important part of life in the CAF, enabling members to stay healthy and achieve the operational level of fitness required to maintain their careers, as well as contributing to camaraderie among colleagues.

But if you suffer from a physical injury or illness, engaging in PT can also come with risks, something Kerriane Willigar has seen time and time again.

Willigar, a Regional Adapted Fitness Specialist, administers the PSP Reconditioning Program at CFB Halifax and 12 Wing Shearwater along with Physical Exercise Specialists Isaac Habib and Noel Redmond.

To ensure members are training safely, PSP has adopted the PAR-Q+(Physical Activity Questionnaire for

Everyone) form, an industry standard tool that contains basic health questions covering common issues like chest pains, chronic conditions, high blood pressure, dizziness and joint problems. If the member answers yes to a question, a second set of questions is required for more thorough information. The member can then see their medical officer and discuss being cleared for professionally directed PT to enter the reconditioning program.

The form has been sent to units across the base, is now taken into consideration by doctors and hospital staff, and large prints of the basic questions will soon be on display on the walls of the three base gyms.

A goal for the new year is to get as many members as possible familiar with the form and the availability of the reconditioning program, and to have less injured or ill

members partaking in PT without supervision. While those with issues may be cleared for self-directed PT or light exercise at their own pace, they’re not always aware of the proper way to be active without worsening the issue at hand.

“They’re not wearing a heart-rate monitor, we’re not observing them, and there’s no way to gauge it. That can put people at risk,” Willigar said.

In visiting different units to introduce the PAR-Q+ form and raise awareness about the program, Willigar said she met many CAF members who have the type of issues that make them good candidates for reconditioning, but choose to stay under the radar rather than seek help.

She’s also gotten genuine interest in the program from many, but found most fail to follow up with their doctors. “People are scared to get

help because they’re scared of losing their jobs. I feel like part of my job and my goals is to change the thought process around that,” Willigar said.

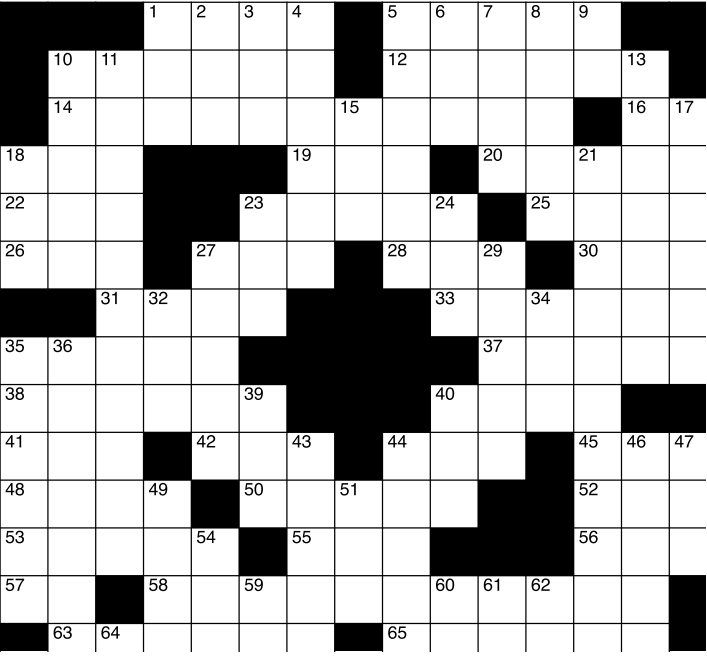
She said it’s a misconception that any CAF member who seeks help from the reconditioning program will automatically be placed on a medical category. That fear can lead to soldiers and sailors with medical issues not getting the assistance they need, causing further injury or deterioration of overall health.

And those who are on medical categories should be aware that being released is not an inevitability. Willigar said a number of clients, some on permanent categories, have regained operational readiness through exercise and passed FORCE tests, even if chronic injuries or illnesses remain under the surface.

“And it’s great that it can happen, but I think it could happen better if we had earlier intervention, and were catching people at the beginning of this process rather than nearing the end.”

The hope is to create a climate where CAF members feel comfortable seeking help if they find themselves hurt or sick, reducing the number of CAF careers that end due to health reasons.

The reconditioning program offers group classes and one-on-one sessions that teach members how to exercise properly around their existing health issues, and can be beneficial for both temporary and chronic conditions. Speak to your medical officer about the PAR-Q+ form if you think you may be a good candidate.



CLUES ACROSS

- 1. Color properties
- 5. Arabian greeting
- 10. Frozen spike
- 12. Levels

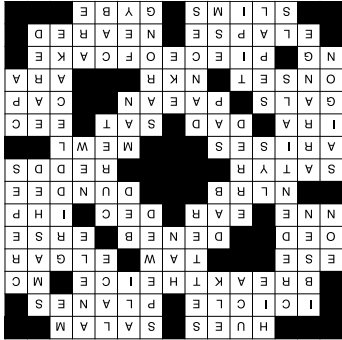
- 14. Tear down social stiffness
- 16. Rapper Hammer’s initials
- 18. Midway between E and SE
- 19. Shooting marble
- 20. Edward __, British composer

- 22. Largest English dictionary (abbr.)
- 23. Cygnus’s brightest star
- 25. Goidelic language of Ireland
- 26. Midway between N and NE
- 27. Auditory organ
- 28. Last month (abbr.)
- 30. Indicated horsepower (abbr.)
- 31. Mediation council
- 33. Aussie crocodile hunter
- 35. Sylvan deity
- 37. Clears or tidies
- 38. In a way, emerges
- 40. Whimper
- 41. G. Gershwin’s brother
- 42. Begetter
- 44. Seated
- 45. Old world, new
- 48. Girls
- 50. Song of triumph’s
- 52. A covering for the head
- 53. Attack
- 55. Norwegian krone
- 56. Coach Parseghian
- 57. No good
- 58. Task that is simple
- 63. A way to move on
- 65. In a way, advanced
- 66. Loses weight
- 67. Shift sails

CLUES DOWN

- 1. Go quickly
- 2. Fiddler crabs
- 3. Cervid
- 4. Gundog
- 5. Gushed forth
- 6. Caliph
- 7. Shoe cord
- 8. Give extreme unction to
- 9. Of I
- 10. House of Dolls’ author
- 11. Documents certifying authority
- 13. Drunk
- 15. Principal ethnic group of China
- 17. Crinkled fabrics
- 21. Pancake
- 23. Small pat
- 24. A garden plot
- 27. Strayed
- 29. Surgical instrument
- 32. No. French river
- 34. Modern
- 35. Now called Ho Chi Minh City
- 36. Set into a specific format
- 39. Exhaust

- 40. Individual
- 43. Moves rhythmically to music
- 44. D. Lamour’s Road picture costume
- 46. Having earlike appendages
- 47. Certified public accountant
- 49. Outermost part of a flower
- 51. Supplement with difficulty
- 54. Plains Indian tent (alt. sp.)
- 59. Electronic warfare-support measures
- 60. Displaying a fairylike aspect
- 61. Taxi
- 62. They __
- 64. Syrian pound



NASCAR Trivia

Answers

- 1. 1959
- 2. Martinsville Speedway
- 3. 1962
- 4. Bristol
- 5. Bobby Allison

- 6. Just five; Dale Earnhardt, Bill France Sr and Jr, Junior Johnson and Richard Petty
- 7. Danica Patrick
- 8. Southern States Fairgrounds
- 9. Charlotte

- 10. Randleman
- 11. 61 modified, Richie Evans
- 12. David Pearson
- 13. 48
- 14. Buddy Baker
- 15. Greenhouse

- 16. Stickers
- 17. Donnie Allison, Cale Yarborough, and Bobby Allison
- 18. Marshall Teague
- 19. Avril Lavigne
- 20. Red Bryon

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49,603 km | \$18,995



Stock Number: P15-040

2014 Chrysler Town & Country, Touring
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Stock Number: P15-038

2014 Chrysler 300, Touring
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Stock Number: P15-033

2014 NISSAN MAXIMA, SV
50,231 km | \$26,995



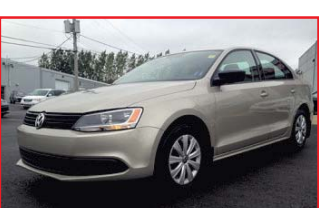
Stock Number: P15-042

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23,176 km | \$30,995



Stock Number: M15-207A

2013 Volkswagen Jetta, S
38,455 km | \$13,495



Stock Number: p15-047a

2013 Volkswagen Jetta, S
49,443 km | \$13,995



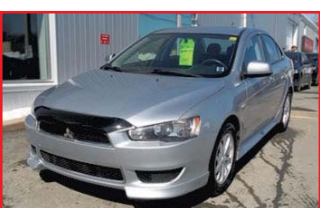
Stock Number: M15-406A

2013 Dodge Avenger, SXT
52,000 km | \$14,500



Stock Number: u14-040

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Stock Number: P15-008

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Stock Number: M15-345A

2013 Mitsubishi Lancer, SE
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