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

HMCS *Halifax* receives Admiral's Cup for 2015 accomplishments

By Ryan Melanson, Trident Staff

A banner year for HMCS *Halifax*, highlighted by its role as the lead ship of the Halifax-class Modernization Program, was capped off with a major recognition on December 17, with RAdm John Newton, Commander JTEA and MARLANT, surprising the crew with the presentation of the Admiral's Cup.

The award was established in 2004 by VAdm Glenn Davidson as a way to promote camaraderie and friendly competition among both fleet and shore units, and is received each year by the MARLANT unit that demonstrates the best efficiency, morale and leadership in a number of different areas.

The cup itself, a silver bowl on an oak base, will now be proudly displayed in *Halifax* through the next year.

"I'm speechless. The crew and the ship has had a program that's been so diverse. From doing basic trials up to conducting operations with a full command staff on board," said Cdr Graham Roberts, the ship's Commanding Officer.

"To be able to adapt and adjust to a very high tempo and diverse

program, that's been incredible for them to do. I couldn't be more proud as the Captain of the ship, and to be recognized for that effort and the work they've done, it's tough to describe. It's very humbling."

The ship began sailing to conduct post-HCM work ups and exercises early in the year, followed by the first live-fire test evaluations and MISSILEX in the Virginia Capes Operating Areas. RAdm Newton noted that *Halifax's* role in validating the various HCM systems was essential in paving the way for *Fredericton's* deployment later that year. Another task focusing on the future of the CAF involved months of test trials with the CH-148 Cyclone, purposely seeking out treacherous sea states to test the limits of what was possible between the Cyclone and the ship.

In all, *Halifax* spent 150 days at sea engaging in diverse and dynamic tasks, requiring constant adjustments and adherence to irregular sailing schedules.

Heading into the fall, the end of the reporting period for the award, *Halifax* participated in further exercises with the American, German and Turkish navies, demonstrating the RCN's new

equipment and capabilities for an international audience.

"Every task we were given, to be able to execute those smartly and on time, as a whole, was probably the highlight or biggest challenge for us. And just making sure the ship was technically able to support the command staff when they came on board. It took a lot of work from our technicians and the team to be able to do that," Cdr Roberts said.

The ship was also commended for its dedication to both military and civilian community involvement. As Cdr Roberts explained, *Halifax* has a different relationship with its namesake city than other ships in the fleet, with the CAF being such a prominent fixture in the HRM. It creates a drive to be as visible and involved in the community as possible to set the ship and its crew apart, he said.

Most notably, this has been done through a strong relationship with the Royal Canadian Sea Cadet Mount Uniacke Branch 356, with the Halifax Wee Care Children's Development Centre, and through *Halifax's* annual Run for the Wish campaign, which raised \$37,00 for the Children's Wish Foundation of Nova



RAdm John Newton, Commander JTEA and MARLANT, and Formation Chief CPO1 Pierre Auger, visit HMCS *Halifax* on December 17 to present the ship's company with the Admiral's Cup award.

CPL ALEXANDRE PAQUIN/FIS HALIFAX

Scotia last year. The ship was also selected to berth downtown Halifax over Canada Day for public tours.

"As a ship in Halifax, to be able to then grab things in the community like that and make them your own, it might take a little more effort, that's why we've tried to develop these great relationships," Cdr Roberts said.

The ship also received the Navy League of Canada President's Scroll, the highest award handed out by the organization, for its work in support of the RCN Sea Cadet program.

While the list of accomplish-

ments was impressive, RAdm Newton said the sense of morale and leadership among all crewmembers was equally important.

"You get the sense of the enthusiasm of your ship just to get on with the work at all times, no matter what your readiness level was. I hope you can feel that, because when we read all the submissions we felt it, and when the chiefs got together to vote they felt it too."

"It's not just about operational readiness. It's about coming together as a ship's team, and about showing leadership in the fleet."

RCN Commander congratulates crew of HMCS *Windsor* following deployment

By Ryan Melanson, Trident Staff

HMCS *Windsor's* recent achievements on deployment were formally recognized on January 5, with VAdm Mark Norman, Commander RCN, visiting the boat's company to personally thank them for their work during training operations in western European waters.

VAdm Norman and the crew gathered in the D-165 Wardroom for the occasion, just moments after waving goodbye to HMCS *Fredericton* as the ship sailed to join Op Reassurance.

But it was *Windsor's* deployment, the longest yet for a Victoria-class submarine, that was the focus.

"It's incredibly important work that they're doing. That's why I wanted to be here to take a few minutes to recognize the whole team," VAdm Norman said.

Windsor spent 105 days at sea,



CPO1 Tom Riefesel, RCN Command Chief Petty Officer (left) and VAdm Mark Norman, Commander RCN (right) present AB Kyle Goering with a coin in recognition of his achievements aboard HMCS *Windsor*.

MS RONNIE KINNIE, FIS HALIFAX

departing in September 2014 to join Operations Joint Warrior and Trident Juncture. The mission involved working with a number of allies, including Poland, France, the United Kingdom and the United States, and was a resounding success in terms of the future of submarines in the RCN, VAdm Norman said.

On one hand, the deployment allowed the submariners to gain invaluable training experience, with exposure to different ships, submarines and high-level tactics that was a first for the crew.

Additionally, *Windsor's* involvement allowed the RCN to showcase the capabilities of a modernized Victoria-class submarine, with the boat operating smoothly and missing no sea time during the deployment.

RCN Chief Petty Officer CPO1 Tom Riefesel spoke of how pleased he was to see the Victoria Class submarines reaching a higher opera-

tional level, but added the work of the crew, led by CO LCdr Peter Chu, is equally crucial in promoting and making a case for submarines in the RCN.

"All the folks who were involved with *Windsor* during recent operations have extolled the virtue of not only the submarine service, but the folks who make up the submarine service. Without the submariners of our Navy, we would just have submarines," he said.

Exceptional work by individuals was also recognized during the visit, with VAdm Norman presenting Bravo Zulu coins to three members.

PO2 Geoffrey Mohr, an electrician aboard *Windsor*; MS Gregory Fillmore, a naval communication, and AB Kyle Goering, a sonar operator, were each singled out for being key leaders during preparations for deployments and while at

See HMCS WINDSOR / Page 2



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Supporting HMCS Sackville: volunteers needed

By CPO2 Ian McNaughton, HMCS Toronto

More than a dozen members of HMCS Toronto's Marine Systems Engineering Department pitched in to help out an old friend; many of us walk by HMCS Sackville every day without realizing her significance to Canada's history. She is a national monument representing past, present and future Canadian sailors and merchant mariners.

Sackville was scheduled to dock early in 2016 and there was much to do. Our day began early with a history lesson and tour of the ship, given by CPO1 (ret'd) Pat Devenish. Pat volunteers as the Chief Engineer onboard and he is a gifted speaker and naval historian. We all learned something about the Last Corvette and her role in the Battle of

the Atlantic, the longest sustained battle of the war and arguably the biggest single contribution Canada made to the successful outcome of the Second World War.

After this history lesson, full of purpose and ready to work, we were broken into two work parties, fwd and aft. The fwd work party de-stored the workshop and magazine under the direction of PO1(ret'd) Mike Muldoon, the ship's caretaker and Chief Bos'n Mate. The boys moved an amazing amount of stuff up two decks and ashore to be sorted and loaded into a truck for storage or proper disposal.

Back aft in the engine room, the rest of us attacked full force and landed anything that was not bolted down to lighten the ship for docking. The boys oiled up and wiped down the running gear



Several sailors from HMCS Toronto spend a day volunteering onboard HMCS Sackville, Canada's Naval Memorial. PO2 GUILLAUME MERCIER, HMCS TORONTO

on the main engine and cleaned out the dark corners on the lower deck plates.

Several other more technical jobs were planned and estimated for future visits. Sackville's CERA said, "I wish more units could find the time to do what you are doing here today." He also reminded us that community service leave could be requested by personnel who had time to help out.

With only one paid employee, the Canadian Naval Memorial Trust can always use the help. Many of the volunteers are retired, and having some younger people to do the heavy lifting is greatly appreciated.

Sackville's CO, LCdr (ret'd) Jim Reddy was happy to see sailors working onboard Sackville and he was pleased with our efforts.

The Sackville was able to provide a light lunch for the volunteers from Toronto before we went back at it for the afternoon.

By the end of the day much had been accomplished, in fact, much more than ship's staff could have hoped for, proving that many hands make light work. Everyone was satisfied with a job well done at the end of the day.

The CNMT is a registered Canadian charity, and all donations will get you a tax receipt. All are welcome to become a trustee and get involved. Many people travel from Europe each year to visit Sackville.

Truth is, more people need to spend more time with Sackville. Check out their website for more information or come down for a visit. Get to know your Canadian Naval Memorial...I did.

HMCS WINDSOR continued from / Page 1

sea. "The whole fleet has heard me talk about leadership and about excellence at sea, and this is what it's all about. This is leadership," VAdm Norman said.

VAdm Norman also paid special attention to AB Goering's

work with Windsor's new state of the art bow sonar, which was installed by the team at FMF Cape Scott. Not originally scheduled for installation until 2016, the new piece of equipment went in early during recent upgrades to the boat.

The bow sonar brings the Victoria class in line with modern standards, and members spoke of increased definition and added

capabilities with the new tool.

Members of Windsor also had the opportunity to ask questions and offer comment to VAdm Norman and CPO1 Riefesel. Discussions focused mainly on the future of the submarine service, touching on the difficulties for personnel in operating on the two coasts, plans to incrementally increase the number of trained

submariners and build a more robust capability, and the possibility of life-extending the current fleet of submarines.

VAdm Norman made it clear his intent is to grow the submarine service, and said further successful deployments in the coming years will help add momentum to that effort.

"As we do the kinds of things

Windsor has been doing, as we upgrade the technology, as we demonstrate the relevance and the operational capability that is starting to get people's attention, and as our closest allies are extolling the virtues of you and what you bring to the fight, it makes it that much easier for me to fight that fight on your behalf," he told the crew.

PHOENIX is coming February 2016

By Your CHRSC(A) Team

This new Government of Canada pay system will change the way civilians access their pay and benefits information.

What you must do to prepare for its arrival:

Set up a MyKEY account in the Compensation Web Application (CWA) to securely manage your personal pay information.

To set up a myKEY account, go to: <https://eajl-orca.securise-secure.gc.ca/O/vw/bienvenue-welcome-eng.pub> (to set up you must use your DWAN account; contact your regional help desk for DWAN account assistance).

Create a User Profile in the Extra

Duty Pay application and use the online tool to submit extra duty pay requests such as overtime claims.

To set up your User Profile, go to: <http://hrciv-rhciv.mil.ca/en/m-compensation-edp-compensation-web-application.page>. To set up, you must use your DWAN account; contact your regional help desk for DWAN account assistance.

Use the Defence Wide Area Network (DWAN) Leave Self-Service (LSS) tool to submit all your leave requests.

Have an active account with the Canada School of the Public Service (CSPS) to register for PHOENIX training, coming soon.

To set up your personalized learner account, go to: [https://](https://papp.cpsp-efpc.gc.ca/Saba/Web_wdk/Main/index/preloginSocial.rdf)

papp.cpsp-efpc.gc.ca/Saba/Web_wdk/Main/index/preloginSocial.rdf.

Know your new role and what action you must take to process any pay-related requests. Go to: <http://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/pay-centre-pay/documents/roles-resp-eng.pdf>

Stay informed. Go to: <http://gcintranet.tpsgc-pwgsc.gc.ca/remuneration-compensation/tpai-itap/index-eng.html>.

Quick facts

Following the Prime Minister's announcement in August 2010 on Pay Transformation, PWGSC introduced two projects.

- Pay Consolidation: By Febru-

ary 2016, the transfer of all DND civilian pay accounts and administration services to the new PWGSC Public Service Pay Centre located in Miramichi, NB.

- Pay Modernization: By February 2016, the replacement of the current pay system with a commercial off-the-shelf solution, PHOENIX.

It impacts on you.

- You will no longer have access to your Regional Compensation Advisor; your pay administration services will be provided by the Public Service Pay Centre.

- You will be required to manage your own pay deductions affecting your account and benefit coverages using the Phoenix self-service tools

- You need to know your options and be responsible to report early any activities that may disrupt your pay, i.e. periods of leave without pay or termination / extension of staffing contracts (term, casual, student employment). Early action will reduce potential for overpayment or reduce interruptions to your pay.

- You must ensure information recorded in staffing and pay documents is accurate and correct; maintain copies of all your staffing and pay documentation; for instance acting, secondment agreements.

- You need to update any changes to your status information i.e. marriage, dependent, name, address.

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RCN's past meets the future at Irving Shipbuilding

By Ryan Melanson,
Trident Staff

Some key members of the RCN's past came face-to-face with the ships that will power the future of Canadian naval service on January 7, with Irving Shipbuilding President Kevin McCoy leading a group of retired Admirals and Commodores on a tour of the work being done on the AOPS project.

VAdm(ret'd) Glenn Davidson, VAdm(ret'd) Dean McFadden, RAdm(ret'd) Dave Gardam, Cmdre(ret'd) Bruce Belliveau and Cmdre(ret'd) Eric Lerhe were joined by RAdm John Newton, Commander MARLANT and JTFA, as well as Cmdre Craig Baines, Commander CANFLT-LANT, for a tour of the company's revamped Halifax Shipyard and its newly constructed Dartmouth Marine Fabricators facility.

The tour began in Dartmouth, where guests saw raw steel being

primed, cut and curved into shape, with McCoy explaining that each cut is performed with digital accuracy in accordance with the 3D model that includes every minute detail of the ship.

"We're not fat fingering any of the dimensions into these machines, they're all computer controlled straight out of the model."

McCoy also showed off the facility's state of the art pipe bending and welding machines, with more than 150 pipe spools being fabricated each week.

The team at ISI were working on the keel section of the first Arctic Offshore Patrol Ship, HMCS *Harry DeWolf*, expected to be in service in 2018, with trials beginning the year before. The fabricated materials are sent across the harbour to the Halifax Shipyard's Assembly and Ultra Hall Facility, where the first modules are now being assembled.

The visitors were struck by the size of the Halifax facility upon arriving. It's the largest shipbuilding facility in North America, purposely built beyond what was required for the AOPS project to begin preparations for the construction of the Canadian Surface Combatant ships, McCoy said.

Sparks flew as the group of RCN leaders watched welding machinery forming panels; they saw the 200-tonne bridge cranes that extend through the building, capable of moving ship blocks through the assembly halls, and watched as an employee took them through the inner workings of the *Harry DeWolf* on the detailed digital model that guides the construction process.

McCoy described the AOPS as being made up of a number of small blocks, which will be assembled into three large mega blocks inside the Ultra Hall.



RAdm John Newton led a group of retired Admirals and Commodores on a tour of Irving Shipbuilding's Halifax and Dartmouth facilities on January 7.

MCPL ALEXANDRE PAQUIN/FIS HALIFAX

Final assembly of those sections will take place outdoors on land, but the ships will be about 85% completed and outfitted when they leave the facility, McCoy said.

The work being done in the facilities as the group of flag officers toured through helped bring reality to the fact that production on the AOPS project is fully underway. After reconfiguring and rebuilding the Halifax Shipyard, holding job fairs, signing contracts and working through the long and complex planning and design process, Canada's next ships are now being built on the East Coast.

RAdm Newton remarked that he could feel that reality taking

shape as he laid eyes on blocks of steel that will eventually patrol the arctic, and expressed confidence in McCoy, a retired Vice-Admiral in the United States Navy, and his team of shipbuilders.

"There's so much excitement in his voice, when he's standing in front of those big machines, and standing in front of the keel, and seeing the quality of the materials coming together, now that excitement is being matched by the manifest evidence of a real ship being built," RAdm Newton said.

He added its time to turn the narrative away from focusing on the money and complexities involved with the National Ship-

See IRVING / Page 4

PHÉNIX arrive en février 2016

Par votre DCSRHC(A)

Ce nouveau système de paye du Gouvernement du Canada changera la façon dont les civils accèdent à leur renseignements sur la rémunération et les avantages sociaux.

Ce que vous devez faire pour vous préparer à son arrive.

Créer un compte maCLÉ dans l'Application Web de la rémunération (AWR) afin de gérer vos données personnelles sur la paye de façon sécuritaire.

Pour créer un compte maCLÉ, allez à : <https://eajl-orca.securise-secure.gc.ca/O/vw/bienvenue-welcome-fra.pub> (d'enregistrer, vous devez utiliser votre RED compte; si vous avez besoin d'aide au sujet du compte, veuillez communiquer avec le centre d'assistance de votre région).

Créer un profil d'utilisateur dans l'application de la Paye pour services supplémentaires et utiliser l'outil en ligne pour soumettre des demandes de paiement pour services supplémentaires comme les demandes de paiement d'heures supplémentaires.

Pour créer votre profil d'utilisateur, allez à : <http://hrciv-rhciv.mil.ca/fr/g-remuneration-application-web-pay-pss.page> (d'enregistrer, vous devez utiliser votre RED compte; si vous avez besoin d'aide au sujet du compte, veuillez communiquer avec le centre d'assistance de votre région).

Utiliser l'outil de congé libre-service (CLS) du Réseau étendu de la Défense (RED) pour soumettre toutes vos demandes de congé.

Posséder un compte actif auprès de l'École de la fonction publique du Canada (EFPC) afin de vous inscrire à la formation sur Phénix, offerte bientôt.

Pour créer votre compte d'apprenant personnalisé, allez à : https://papp.cspse-efpc.gc.ca/Saba/Web_wdk/Main/index/preloginSocial.rdf?locale=fr_CA

Connaitre votre nouveau rôle et les mesures que vous devez prendre pour traiter toute demande relative à la paye. Allez à : <http://www.tpsgc-pwpsc.gc.ca/remuneration-compensation/pay-centre-pay/documents/roles-resp-fra.pdf>

Rester informé. Allez à : <http://gcintranet.tpsgc-pwpsc.gc.ca/remuneration-compensation/tpai-itap/index-fra.html>

Pour de plus amples renseignements, consultez : <http://www.tpsgc-pwpsc.gc.ca/remunera->

tion-compensation/projets-projects/tpai-itap/tpa-faq-fra.html.

Faits en bref

Suite à l'annonce du premier ministre en août 2010 concernant la transformation de la paye, TPSGC a lancé deux projets :

- Regroupement des services de paye : Transfert de tous les comptes civils et des services d'administration du MDN au nouveau Centre des services de paye de la fonction publique de TPSGC situé à Miramichi, N.-B., avant février 2016.

- Modernisation de la paye : Remplacement du système de paye actuel par une solution commerciale sur étagère (COTS), appelée PHÉNIX.

Ce changement aura des incidences sur vous.

- Vous n'aurez plus accès à votre conseiller régional à la rémunération; vos services d'administration de la paye seront offerts par le Centre des services de paye de la fonction publique.

- Vous devrez désormais gérer

vous-même les retenues salariales et avantages sociaux applicables à votre compte à l'aide des outils libre-service de Phénix.

- Vous devez connaître vos options et signaler le plus tôt possible toute activité pouvant interrompre votre paye, p. ex. les périodes de congé non payé ou la fin/prolongation de contrats de dotation (emploi pour une période déterminée, emploi occasionnel, emploi étudiant). Des mesures rapides permettront de réduire la possibilité d'un trop-payé ou d'interruption de votre paye.

- Vous devez vous assurer que les renseignements inscrits dans les documents de dotation et de rémunération sont exacts et corrects; conservez des copies de tous vos documents de dotation et de rémunération (p. ex. nominations intérimaires, ententes de détachement).

- Vous devez mettre à jour tout changement concernant votre situation (ex. mariage, personnes à charge, nom, adresse).

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AIRPower in Formation: RCAF Commander brings his message to Halifax

By Ryan Melanson, Trident Staff

When LGen Michael Hood thinks about his most important duties as Commander of the Royal Canadian Air Force, it isn't current fighting power or operational capabilities he worries about.

to direct his energy toward future challenges, and create a crop of officers and NCMs who can help the force conceive of what's required to meet those challenges.

Specifically, he mentioned building intellectual capacity through air power theory and war studies, creating a culture where opinion and debate is welcomed from all ranks, and ensuring that all components of the RCAF are working together as a unified piece, flying in formation.

Combining that vision of a unified force with the existing official RCAF vision: an Agile and Integrated air force with the Reach and Power (AIRPower) essential to CAF operations, LGen Hood said the motto "AIRPower - In Formation" encapsulates his priorities as the RCAF moves forward.

He also spoke of acquisitions in looking toward the future, touching on the eventual replacement of the CF-18s, investments in the CP-140 fleet, and the new fleet of fixed wing SAR aircraft, for which the bidding process has recently begun.

Discussions inevitably turned



LGen Michael Hood, Commander RCAF, speaks during a Royal United Services Institute (NS) event at Royal Artillery Park on Wednesday, January 13.

CAPT LISA EVONG, NATIONAL DEFENCE PUBLIC AFFAIRS

toward the Cyclone helicopters and the continuing transition, and while LGen Hood admitted some of the complexities of the development process weren't foreseen back in 2004, he commended local leadership for managing the transition away from the Sea King while keeping up a key operational element within the RCAF.

"And in the Sea King's place, we will have a world-class capab-

ility in the Cyclone. But in the meantime, that transition is going to continue to be difficult and there is work ahead," he said.

LGen Hood also spoke of current and recent RCAF operations during what he described as an extremely busy period, with the former government taking advantage of the force for its operational capabilities and as a foreign policy tool.

"The speed with which we are able to deploy and get into theatres with assets is impressive, and important when international narratives and commitments are at play," he said.

In terms of the mission to stop and blunt the advance of ISIS in the Levant region, he described the RCAF role in Operation Impact as a combination of CF-18 air strikes, air to air refueling capability with the CC-150 Polaris, and overland intelligence surveillance from the CP-140 Aurora.

"Our contribution, while modest, is an exceptionally effective one," LGen Hood said, adding his confidence the RCAF role will be carried out effectively regardless of how that contribution may be

reshaped in the future.

He also commended the personnel who worked over the holidays in Turkey and Jordan in support of Op Provision, with the air mobility fleet also being utilized early in the process.

In speaking on what RUSI(NS) can do to help the RCAF get its message out to the wider military community and the public, LGen Hood remarked that having the diverse crowd of defence and security practitioners in attendance hear his speech was a benefit in its own right.

"Part of the reason I'm here in Halifax is because I need to get the air power story out more broadly, in a region that has been largely Navy focused," he said.

He told the crowd that both RCN shipbuilding and RCAF procurements need to be priorities, and encouraged members to contribute by offering that balanced narrative in the region.

RUSI(NS) serves as a discussion and education forum on Canadian defence and security issues, with membership open to anyone interested. More information is available at RUSI.ca

Image tech wins NDWCC 50/50 draw



Proud winner of the MARLANT NDWCC 50/50 draw, Cpl Anthony Laviolette from 12 Wing Imaging happily accepts a cheque for \$5820.61 from Base Administration Officer, Cdr Colbourne, on Friday, January 15, 2016.

NATASHA WRIGHT, BPAO

NDWCC 2015 shows heartfelt community support

By Capt(N) Chris Sutherland, Base Commander, CFB Halifax

This year's National Defence Workplace Charitable Campaign was a tremendous success, due primarily to your overwhelming support.

To all of the members of our Defence Team, thank you for supporting the fund raising special event activities, days of caring

outreach, and donation drives.

Through your kindness and compassion we have collected an amazing \$506,000. These monies will directly benefit community and health action to more than 50 local agencies managed by the United Way of Halifax, the 16 nationally recognized HealthPartners and a wide variety of individually chosen charities. Rest assured that your donations will be

well-used and are greatly appreciated.

In this time of financial uncertainty, the DND/CAF team has unselfishly proven that we truly care about our communities and those less fortunate. During this energy-charged campaign, we have forged a stronger relationship

See NDWCC / Page 6

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Jan 11 MFRC
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
June 13 DND Family Days
June 27 MFRC
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



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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.

Correction

In the January 11 Trident, the page 7 story titled The story of the Wolf, written by SLt Duncan Wolfe of HMCS *Montréal*, incorrectly stated that the previous HMCS *Montréal* K351 which sailed during the Second World War, was a River class corvette. In fact, *Montréal* K351 was a River class frigate.

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 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.

Into to Webcomics with Jeph Jacques
Time: 8:30 p.m.
Date: Wednesday, January 27
Location: Halifax Central Library Paul O'Regan Hall

Learn about the history of Webcomics from Jeph Jacques, creator of the world-renowned comic strip Questionable Content. Jacques created the strip in 2003 and has since won numerous awards for his work, spinning the comic and its related merchandise into a full time job. Questionable Content recently reached its milestone 3000th comic. The author will also share details about how he got his start in the online comics world and the inner workings of the industry. Jacques's comics can be found online at questionablecontent.net.

African Heritage Month at Dalhousie University
Time: 6 – 8 p.m.
Date: Thursday, February 4
Location: Dalhousie SUB Room 303

Dalhousie University's Black Student Advising Centre, in collaboration with the School of Social Work, the Association of Black Social Workers and the JRJ chair of Black Canadian Studies, is presenting a free public event to mark African Heritage Month in February. Titled *Racism is Killing us Softly, the Narratives of Young Black Men*, the evening will see young representatives from the black community share their stories of struggles, successes and aspirations. There will also be a performance by a spoken-word

artist, and light refreshments will be served. For more information, contact taiwooa@dal.ca or bsac2@dal.ca.

Armdale Yacht Club: Past and Present
Time: 7:30 p.m.
Date: Tuesday, February 9
Location: Maritime Museum of the Atlantic

Free Tuesday Night Talks continue at the Maritime Museum of the Atlantic. Sarah-Jane Raine, Vice-Commodore of the Armdale Yacht Club, will speak on February 9 about the history and current day activities of the AYC, which has been located on Melville Island since 1937. The club's military connections include serving as a quarantine station, military prison, POW camp, recruit training station and ammunition depot during the Second World War. Attendees will also learn about the range of facilities and services currently offered by the AYC for today's sailors. For more information, contact Richard MacMichael at 902-424-8897.

African Heritage Film Screening at CFB Halifax
Time: 10:30 a.m.
Date: Wednesday, February 17
Location: Juno Tower Nova Scotia Room

In celebration of African Heritage Month in February, the Defence Visible Minority Advisory Group will be hosting a

video screening of *Honour Before Glory*. The film is a one-hour docudrama about Canada's one and only all-black military battalion that was formed during the First World War. The film is based on the diary of Capt William White, who was the Chaplain for the battalion and the only black commissioned officer in the entire British Armed Forces during the First World War. For more information, contact Danny.Peppar@forces.gc.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

In another installment 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. Since retiring from the CAF after 37 years, Boileau 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*.

IRVING continued from / Page 3

building Procurement Strategy, and to focus on the program's successes, and the fact that it leads to a future that includes the CSC project.

"I think what they've done for

the Admirals today is special and it's a start to that process, because a lot of these people have put tons of their career into this. To see these big ships being produced now, the excitement is real and we're hoping the Admirals can help us to start telling that story."

VAdm Glenn Davidson spoke on behalf of the group to thank Irving Shipbuilding for the tour, and commended all the military and government personnel who had a hand in making the project a reality. He said it would be beneficial for more stakeholders to see the work being done

firsthand, with McCoy adding that a number of additional tours will happen in the near future.

"We want people to get down here and see that it is real, actually touch a ship that's being made, see the workers and the training and the world-class equipment," McCoy said.

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HMCS *Fredericton* replaces *Winnipeg* in support of Operation REASSURANCE

By DND

HMCS *Fredericton* officially joined Standing NATO Maritime Forces in the eastern Mediterranean Sea on January 8 as part of Operation REASSURANCE, Canada's support to NATO assurance measures in Central and Eastern Europe.

In support of NATO-led maritime assurance activities, the ship joins Standing NATO Maritime Group 2 (SNMG2), currently engaged in NATO counter-terrorism patrols and related activities in the region. *Fredericton* is replacing *Winnipeg* which concluded a six month operational deployment.

Standing NATO Maritime Groups are multinational, integrated maritime forces made up of vessels from various Allied countries. These vessels are permanently available to NATO to perform different tasks ranging from exercises to operational missions. They also help to establish Alliance presence, demonstrate solidarity, conduct routine diplomatic visits to different countries, support partner engagement, and provide a variety of maritime military capabilities to ongoing missions.

Operation REASSURANCE refers to the CAF's activities in support of NATO assurance measures through the provision of military capabilities for training, exercises, demonstrations and assigned NATO tasks. These

measures are based on the principles of defence, deterrence, and de-escalation.

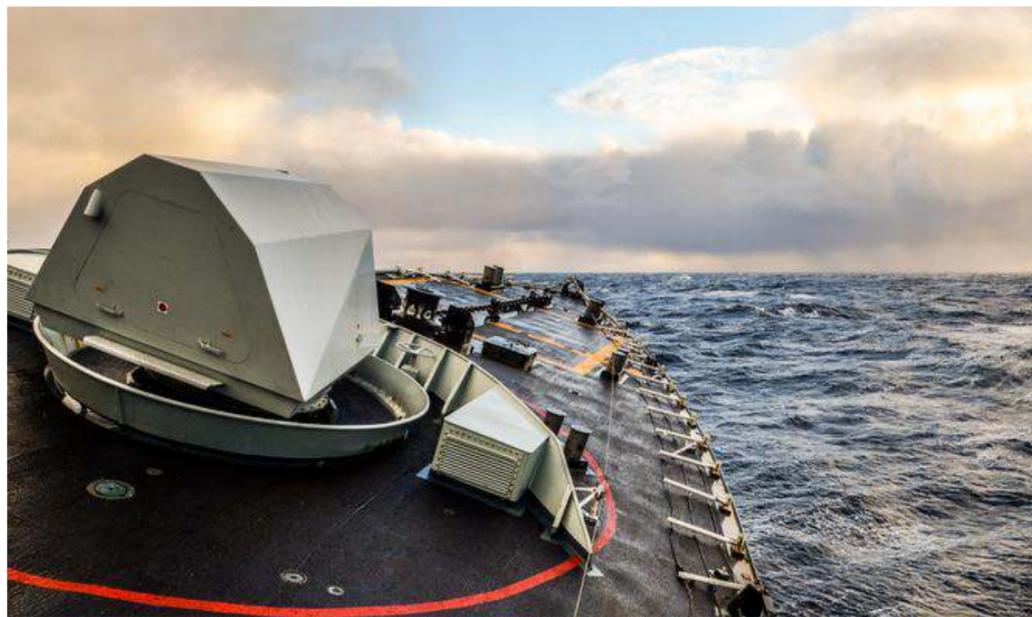
Fredericton is a Halifax-class frigate with a crew of approximately 250 personnel of all ranks, including a CH-124 Sea King helicopter and air detachment.

Fredericton previously deployed on Operation REASSURANCE from January 6 to July 7, 2015.

Fredericton departed its homeport of Halifax on January 5, 2016, conducting mission work-ups while enroute to replace *Winnipeg*. Work-ups are the final phase of training to bring the ship to the highest level of operational readiness.

Fredericton is the second HMC Ship to deploy an Enhanced Naval Boarding Party (ENBP) on an operational mission. The ENBP is a new capability for the Royal Canadian Navy that will be used in support of maritime interdiction operations. The ENBP team is better trained and equipped to provide HMC Ships with enhanced agility, flexibility, and tactical expertise to confront and deter a variety of threats in high-risk operational environments.

Fredericton completed its modernization/frigate equipment life extension (HCM/FELEX) refit in 2014. The ship has a new Combat Management System, new radar capability, a new elec-



HMCS *Fredericton* crosses the North Atlantic Ocean to participate in Operation REASSURANCE, on January 9, 2016.

CPL ANTHONY CHAND, FIS

tronic warfare system, upgraded communications, and more advanced missiles. The ship now also boasts a new Integrated Platform Management system offering better damage control, as well as more modern electrical and machinery control.

Winnipeg, a Halifax-class frigate, had been conducting maritime security operations and joint NATO training exercises in the Mediterranean Sea, North Atlantic Ocean, and Baltic Sea as part of SNMG 1 and 2 since July 2015.

"The deployment of HMCS *Fredericton* to Op REASSURANCE demonstrates Canada's commitment to reinforcing Allied solidarity and collective defence in Europe and the Mediterranean Sea with our NATO partners. Congratulations to the crew of HMCS *Winnipeg* on a successful deployment. I wish them a safe journey home as they return to their families and friends for some well-earned rest," said the Honourable Harjit S. Sajjan, Minister of National Defence.

"HMCS *Fredericton*'s deployment builds upon the successes of the skilled crew onboard HMCS *Winnipeg* throughout the last six months on Op REASSURANCE. It is the ability to deploy capable, modern ships like HMCS *Fredericton* that enables the Canadian Armed Forces to deliver diverse and robust capabilities in response to developing and ongoing crises in regions around the world," said LGen Stephen Bowes, Commander Canadian Joint Operations Command.

Appui sincère à la CCMTDN de 2015

Par le Capy Chris Sutherland, commandant de la base, BFC Halifax

La campagne de charité en milieu de travail de la Défense nationale a connu cette année un immense succès, principalement en raison du précieux soutien des membres de l'équipe de la Défense. Je leur suis reconnaissant de leur participation et de leurs contributions aux activités spéciales, journées d'entraide et diverses collectes de fonds.

La gentillesse et la compassion de tout un chacun ont permis d'amasser quelque 514,007.91 \$. Cet argent sert à orienter l'action en matière de santé et la communauté en profite directement. Centraide Halifax est associé à plus de 50 organismes locaux, 16 Partenairesanté reconnus à l'échelle nationale et une série d'œuvres de bienfaisance. Il ne fait pas de doute que tous les dons sont utilisés à bon escient et qu'ils font une grande différence.

Malgré les temps difficiles et l'incertitude financière, l'équipe du MDN et des FAC a fait preuve de pur altruisme envers les communautés et les moins bien nantis. Au cours de cette campagne dynamique, nous avons renforcé nos liens avec notre communauté et fait grand honneur au MDN et aux FAC.

Je m'en voudrais de passer sous silence le travail accompli

par le comité de gestion de la campagne, les coordonnateurs d'unités et de groupes, et tout particulièrement les solliciteurs. Depuis le brillant lancement de la campagne au tirage final, le ton est resté amusant, créatif et positif. Ils se sont mobilisés et leur détermination a assuré le succès de la campagne. Qui pourra jamais oublier les halages de Sea King, les bassins-tremettes, les journées de petits gâteaux, les déjeuners de crêpes, les concerts ou les fameux chiles?

Les dons faits à Centraide / Partenairesanté servent au financement de traitements, remèdes, programmes de soutien et activités éducatives et de prévention. Nous aidons nos concitoyens à se sortir de la pauvreté et nous leur donnons des possibilités. Nous aidons les enfants en investissant dans des programmes qui favorisent leur développement et leur mieux-être. Nous contribuons à bâtir des communautés fortes. L'an dernier, Centraide a investi 1,3 millions de dollars dans 49 programmes desservant plus de 25 000 résidents de la région d'Halifax.

Par notre générosité, nous témoignons de notre bienveillance collective envers notre communauté et de notre volonté à effectuer des changements durables. Encore une fois, merci.

NDWCC continued from / Page 5

with our community and brought great credit to DND/CAF.

I would be remiss if I did not thank the campaign management committee, the group/unit coordinators and especially the canvassers. From the highly successful kick-offs to the final 50/50 draw, they kept the fundraising fun, creative and upbeat. Their commitment

and determination was instrumental to our success. Who can forget Sea King pulls, dunk tanks, cupcake days, pancake breakfasts, concerts, or chili cook-offs?

Did you know that your donations to United Way / HealthPartners provide funding for treatments, cures, support programs, education and prevention in the community that you live? We assist people build better lives through moving from poverty to possibility. We help kids be all

they can be by investing in programs that support their development and wellbeing. We help build strong communities.

Last year, the United Way of Halifax invested \$1.3 million in 49 programs serving over 25,000 residents in Halifax communities.

Once again, thanks for giving generously to our community and showing just how much our collective care can create lasting and needed change in our communities.

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Trident circa 1968



VOLUME 2, No. 2 HALIFAX, NOVA SCOTIA JANUARY 25, 1968

CHANGE IN MARRIED QUARTERS RENTAL RATES



NEW DESTROYER...The artist's concept depicts the Navy's new DDH-280 class, helicopter-carrying destroyer for which final contract negotiations are expected to be completed in March '68. (Canadian Forces Photo)

Members of the Service will recall that at the time of the pay and trade structure revisions of 1960, it was announced that basic to the new pay policy was the assumption that service personnel would prefer to be paid for the job they do and thus pay their own way from there. This resulted in the incorporation of a number of allowances into the basic pay package and the setting up of a sponsor to collect payment for services rendered individually by the crew. This idea has been well received in the Service.

Members will also recall that at the time of the pay revisions it was announced that service members living in married quarters could expect changes to the rental rates for this accommodation and that the maximum increase in any one year would not exceed 15 dollars per month.

Since that time a detailed study of rent charges across Canada has been conducted in conjunction with Central Mortgage and Housing Corporation and National Rental Associations for various types of married quarters have been established.

The Department of National Defence has now been directed to begin adjusting married quarter rentals so that they will ultimately come into line with the National Averages established. However, the first adjustments will not become effective until 1 April 1968. Other government departments will be adjusting rentals based on similar principles.

National Defence rental adjustments effective 1 Apr 68 apply only to quarters classified as PMQs or bulk leased housing in Canada. They do not apply to overseas housing, emergency or temporary quarter and limited distance housing.

The effects of the changes are: most service personnel now living in PMQs or bulk leased housing in Canada will pay more rent beginning on 1 Apr 68. Some members will pay less rent. In no case will the total payment for housing be increased by more than 15 dollars per month for the year following 1 April 68. Regardless of the type of housing occupied, if, for example, a man is occupying a PMQ at CFB Moose Jaw on 1 Apr 68 and his rent goes up by 15 dollars and he is moved to CFB Borden on 1 July and goes into another PMQ he will not pay more than he was paying at Moose Jaw at least until 1 Apr 69. Servicemen not living in married quarters on 1 April 68 but moving in after that date will pay the same rental as servicemen on the same rank already occupying similar quarters. For example: for the one year following 1 Apr 68 no corporal will pay more than 95 dollars per month for a PMQ and this rent includes a National Average Utilities Charge of 21 dollars. A corporal living in a bulk leased quarter will pay 75 dollars per month maximum and he will also pay for utilities on a separate basis. In the latter case the present bulk lease utility allowance will be cancelled.

Increases in increments of 15 dollars per month or less for any one year will continue to be applied until the maximum rent set for that type of house is reached. However in no case will

CONTINUED ON PAGE THREE

STUDY BUILDING BIDS FOR DDH'S

OTTAWA, (CFP)--Proposals for the construction and outfitting of the four helicopter carrying destroyers (DDH 280 class) were opened publicly by officials of the department of defence production Dec. 12.

The proposals will be evaluated jointly by department of national defence and the department of defence production personnel. The present schedule for determination of the successful bidders and the award of contracts is March 15, 1968.

Details were as follows:

LEAD YARDS	TARGET PRICE
Davie Shipbuilding Ltd., Levis, Que.	\$24,042,767.30 (for two ships)
Marine Industries Ltd., Sorel, Que.	\$20,436,200.00 (for two ships)
FOLLOW YARDS	
Burrard Dry Dock Co. Ltd., North Vancouver, B.C.	\$49,287,230.00 (for two ships)
Davie Shipbuilding Ltd., Levis, Que.	\$22,523,170.52 (for two ships)
Halifax Shipyards Division, Danco Industries Ltd., Halifax N.S.	\$34,088,206.00 (for two ships)
Marine Industries Ltd., Sorel, Que.	\$18,459,950.00 (for two ships)

Defence Assesses UFO Reports

OTTAWA (CFP)--Does the defence department believe in flying saucers?

The answer is that it neither believes nor disbelieves in them.

Sightings of unidentified flying objects (UFOs) reported to units of the armed forces and to the RCMP are forwarded to the department of national defence where they are assessed.

If the report of the sightings indicates that an investigation might result in additional information of significance, an investigator interviews the observers and any other available witnesses.

Reports on sightings and investigations are made available to such interested agencies as universities and the USAF.

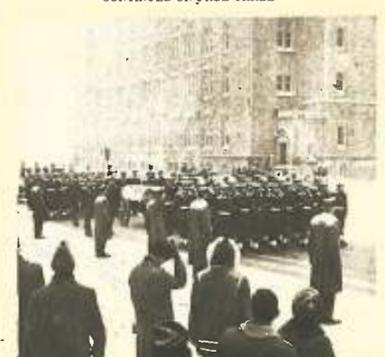
Departmental policy is not to make public the actual reports in fairness to observers, many of whom do not wish their names made public. However, information in the reports on descriptions and circumstances surrounding the sightings and the technical data collected by investigations are not classified information and are made available to scientific agencies and to the news media.

January 1966: All functional commands phased in.

December 1966: Bill C-243 (Reorganization Act) brought before Parliament.

April 1967: Canadian Forces Reorganization Act passed by Parliament.

February 1968: Reorganization Act brought into force: RCN, Canadian Army and RCAP become The Canadian Armed Forces.



Massey Funeral--About 2,500 forces personnel took part in the state funeral of their first Canadian Commander - In-Chief, former governor-general Vincent Massey. Sailors from CFB Halifax and HMC Ships (all volunteers) under the command of Commander Richard Carle, draw the coffin on a gun carriage along Ottawa's Wellington St., to the National War Memorial. Cdr. Carle is base chief of Personnel at CFB Halifax. (Canadian Forces Photo)

Base Commander talks leadership at CFB Halifax Divisions

By Ryan Melanson,
Trident Staff

CFB Halifax Base Divisions were held on January 14, with Capt(N) Chris Sutherland, Commander CFB Halifax, presenting awards and promotions, as well as delivering a message on leadership to more than 200 people on parade inside HMCS *Scotian*.

Capt(N) Sutherland spoke in general about the functions of the base, reminding members of their role in supporting the generation and sustainment of sailors, soldiers and aviators on deployments.

He also touched on the importance of maintaining mental, physical, nutritional and spiritual health, a recurring topic for Capt (N) Sutherland, who never shies away from discussing his own struggles with addiction and mental illness. He sent a strong message to command teams in the room to encourage full support for any member seeking help with such issues.

"If they reach out for help, you as leaders need to take care of them, don't judge them," he said.

He said he's begun touring different base units, getting a feel for their operations and seeking input or advice on challenges facing the base, and encouraged leaders in the room to do the same with their own people in an effort to better communication and working relationships.

"Ensure that you get out and understand what a day to day routine looks like for your people. Understand what the challenges are, and help them work through them, and take their recommendations on how you can deal with them."

Four service medals were awarded during Divisions, with special focus paid to a new medal recently approved for members who served as part of Op SIRONA, the CAF contribution to the fight against the Ebola

outbreak in West Africa.

The medals were awarded, quite fittingly, on the same day the World Health Organization officially declared an end to the West African outbreak after 11, 300 deaths.

CAF personnel were mainly tasked with supporting the international group of health experts and professionals who fought the disease in the region.

"We were taking care of those who were taking care of the West African people, and from time to time were called upon to take care of those West African people as well. A very brave group of people deployed to this mission," Capt(N) Sutherland said.

The two members awarded the medal for their contribution to Op SIRONA in Sierra Leone were Lt(N) Carly MacKay and MCpl Lisa Ouelette, both from Canadian Forces Health Services Centre(Atlantic).

Two Canadian Forces Decorations were also handed out, with MS Marie-Josée Gagne from BAdm and Cpl Francois De La Sablonniere from BLog each being honoured for 12 years of service with the CAF.

One Chief of Military Personnel Commendation award was presented to Sgt Raymond Durning from CF H Svcs (A) for the professionalism and leadership exhibited when he took control of a major motor vehicle accident scene in September of 2014. He was credited with applying first aid to an injured motorcycle rider, ensuring the victim was immobilized and treated for shock during the crucial first moments following the incident.

The occasion also saw two RCN members receive promotions, with LS Megan Stacey from BAdm being promoted to Master Seaman, and LS Guy Beaudoin from Executive Services also being promoted to Master Seaman.

READ IN TRIDENT

EX Canadian Style - Page four; Sailing into '68 - Page five; Maple Spring Scheduled - Page six; Reorganization Act - Page 8 & 9; Handgun News - Page eleven; Ski Club News - Page fifteen.

1 FEBRUARY MAKES HISTORY

Defence Minister Cadieux has the Canadian Forces and fore-described the proclamation of the casting unification.

July 1964: Bill C-90 establishes Canadian Forces Reorganization Act - only one more step in an evolutionary process, albeit a very important individual service chiefs.

August 1964: Chief of Defence Staff and heads of the new branches appointed at Canadian Forces Headquarters.

June 1965: New functional command structure announced.

March 1964: White Paper issued outlining the roles and missions

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Padre's Corner

By Lt (N) H. Tombing
Fleet Chaplain

Resilience has become a buzzword in the military in recent years. The term is often used, and more readily understood in terms of physical resilience, describing a person's capacity to bounce back from injuries, wounds or crises. However, resilience has to do with more than just the physical aspect of a person. By definition, resilience is said to be one's capacity to remain unaffected by trauma (Ristau, 46), ability to bounce back from a negative experience, or one's capacity to rebound from adversity as a strengthened and more resourceful person (Park, Traeger, Vranceanu, Scult, Lerner, Benson, Denninger & Fricchione, 165-174).

An important aspect of resiliency that can sometimes be overlooked is spiritual resiliency where beliefs, faith, and a sense of meaning and wholeness contribute to overall resiliency. A critical factor, I believe, in spiritual resiliency is spiritual rootedness.

In the heart of spiritual resiliency is spiritual rootedness

regardless of spiritual tradition. It is an indispensable key to not only withstand, but thrive in the face of great adversities. Research has shown that individuals who have learned to cope with their stressors spiritually (belief system, belief in transcendent or ultimate meaning and purpose) are more resilient (Yeung and Martin, 5-6).

Because belief systems are the heart and soul of resilience (Ristau, 49), for me as a Christian, this means that my rootedness in Christ - my Strong Foundation - is at the core of my resiliency. It is being grounded in the truth that in Him we live, and move, and exist (Acts 17:28). With this belief defining my reality, I can interpret and make meaning of my experiences. It means that nothing, including traumatic experiences that happen to me, is outside of God's awareness.

Bamboos are tall and skinny with fine leaves, but are capable of withstanding formidable Indian monsoons. Why? Because, bamboos have deep roots underground that allow them to be flexible on top. When the monsoon storms beat down, bamboos sway back and forth, while being firmly rooted. Such rootedness allows them to adapt to the force of the storm without breaking,

letting them to be highly resilient.

Adversities and traumas are no respecters of persons, especially on deployments in armed conflicts and war zones. Like the Indian monsoons, they punish anyone standing in their paths. However, those who are spiritually rooted (whatever faith traditions that might be) are most likely to be resilient. Like bamboo, they may be pressed, moved, scratched and bent on all sides. They will bounce back, and even thrive because of it.

References:
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Yeung, Douglas and Martin, Margret T. 2013. *Spiritual Fitness and Resilience: A Review of Relevant Constructs, Measures, and Links to Well-Being*. *Rand Corporation*: 5-6.

HMCS Halifax supports Wee Care Development Centre



Children from the Wee Care Development Centre enjoy a visit from Santa Claus.

SUBMITTED

By SLt Christina Cormier,
HMCS Halifax

Wee Care Development Centre offers pre-school programs based in early childhood intervention and integration to children in HRM. For more than 40 years, Wee Care has provided comprehensive services in liaison with a variety of community and health care groups. They work with children from six months to six years of age, and their programs are open to all. HMCS *Iroquois* adopted the Centre in 1974 as a community project. She continued to support their important work until her paying off, when *Halifax* took over.

The ship provides Wee Care staff with extra hands and expertise, which can take the form of

anything from yard work to maintenance. The work is often routine, consisting of cleaning up the yard in the spring and mowing the grass throughout the summer. Sometimes it is more involved, such as providing assistance to rectify physical issues identified in the Fire Inspector's report.

PO2 Marvin Murphy is the liaison between *Halifax* and Wee Care. Through his hard work, *Halifax's* relationship with Wee Care has been made possible, especially with the past year's busy sailing schedule. Wee Care is an important part of our community, providing all children with high quality care, and *Halifax* is proud to continue *Iroquois'* work in supporting them.

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



By Health Promotion Staff

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

Mar 10, 0800-1200 hrs, Dockyard.

NUTRITIONAL WELLNESS

Better Health: Nutrition & Fitness Fundamentals

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

Nutrition Workshops

• **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)

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

See HEALTH PROMOTION SCHEDULE / Page 10

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POUR PLUS D'INFORMATION : 1-877-325-LAKE(5253)

www.psp Halifax.ca /psphalifax

Falls Lake Cottages and Campground, 796 Pioneer Drive, RR #3, Windsor NS B0N 2T0

Serving the DND and RCMP communities (active and retired) and their guests. Au service des membres de la communauté du MDN et de la GRC (en service et à la retraite) ainsi qu'à leurs invités.

Sports stores technician has been serving CAF community for decades

By Ryan Melanson,
Trident Staff

Wally Buckoski moved to Shearwater as a child in 1964, and as he sits in his longtime office in the Shearwater Fitness, Sports and Recreation Centre, the Sports Stores Technician jokes that he's been a part of the Shearwater military community for longer than almost anyone.

His father served in the CAF, making him a regular around the gym as a child. Buckoski followed in his father's footsteps, joining in 1982 before transitioning to the PSP team in 1993, in the role that he remains in today. He's seen a lot of faces and met a countless number of great people over the years.

"And some of the old ones come back and see me still here. They laugh and say 'You've been here since '64 and you're still here, Wally?' Because I grew up here in Shearwater, and some of my dad's photos are even out here on the board," he said, pointing to the collage of sports team photos lining the counter outside his office, some going back to the 1950s.

He's made a career out of renting out equipment like balls, rackets and golf clubs, purchasing and maintaining the entirety of the fitness equipment for 12 Wing, and keeping the facility on track with the latest in sports technology. The work itself is always enjoyable, but it's doing it on behalf of the CAF that makes it worthwhile, he said.

"A big part is just serving the members, the men and women of the military and their families, and how good it makes you feel to have the opportunity to



Sports stores technician Wally Buckoski has been working at the Shearwater Fitness, Sports and Recreation Centre since 1993.

serve them."

The job comes with a lot of responsibility, and authority over large budgets and a wide stock of items, but Buckoski takes it in stride and keeps up with his own fitness to stay balanced. It's not uncommon to see him using

the equipment, taking part in a lunchtime class or going for a jog through the wing.

His love of sports goes beyond the 12 Wing gym, and while he has experience playing hockey and coaching high school football, amateur boxing

was where he had his biggest impact. As both a fighter and a coach to other, he dedicated years to the sport.

"It's something I really enjoyed I've been very lucky in the

See **TECHNICIAN / Page 10**

Ask the Expert - Winter Running

Q: This summer, I watched the track and field events at the Pan Am Games and was so inspired by the success of the Canadian Team that I started running. One day, I hope to complete a marathon. My summer training went well but I'm worried that in the winter months I will lose the fitness I worked so hard to achieve. Is it possible to train effectively through the Canadian winter or do I need a posting to somewhere warm? - Cpl Stride

A: Dear Cpl Stride:

Congratulations on catching the running bug. Running is an awesome sport and with some preparation it can be enjoyed outside year round. Some of the nicest runs I have ever done were in the winter. To help ensure that

you enjoy winter running here are four things to consider: clothing, footwear, visibility and training alternatives.

Wintertime runners need clothing that is lightweight, warm, sweat wicking and highly visible. Be sure to dress your upper and lower body in layers. The colder it gets, the more layers you need. The beauty of dressing in layers is that if you find you are overdressed you can peel off a layer.

With respect to footwear, most runners use the same running shoes year-round without their feet suffering too much. If it's especially cold, try wearing two pairs of thin thermal socks. They even sell studs you can attach to the bottom of your shoes for

greater traction on slippery surfaces.

Throughout the winter runners are often forced to train on the side of the road. This can be dangerous in no- or low-light conditions, particularly if the snow is blowing hard and the runner is wearing dark clothing. Wearing high-visibility clothing or using some form of portable light when you train outside in no- or low-light conditions is essential as it makes it easier for drivers to see and avoid you.

Every winter has days when it's neither smart nor safe to run outside. Extremely cold temperatures, freezing rain and unplowed roads or sidewalks are all potentially hazardous. Fortunately,

there are many training alternatives available at your base or wing fitness centre. Swimming, stationary cycling, treadmills, step climbers, rowing machines, spin classes and elliptical machines all offer you the opportunity for a great workout. Some bases even have indoor running tracks-bonus!

The bottom line is that by following the above advice you will be able to maintain your running program throughout the winter. Please keep in mind that while you can't control the weather you can control whether or not you train SMART. - Dr. Darrell Menard, MD Dip Sport Med. Answer provided by Strengthening the Forces

Des conseils d'expert - La course en hiver

Q: Cet été, j'ai regardé les épreuves d'athlétisme des Jeux panaméricains et j'ai été tellement inspiré par les réussites de l'équipe canadienne que je me suis mis à la course. Un jour, j'espère pouvoir terminer un marathon. Mon entraînement estival s'est bien passé, mais je crains que cet hiver, tous mes efforts de mise en forme ne s'évaporent. Est-il possible de s'entraîner efficacement durant l'hiver canadien ou est-ce que je dois trouver une affectation dans un climat plus doux? - Cpl Enjambée

R: Cher Cpl Enjambée,

Je vous félicite d'avoir attrapé la fièvre de la course. Il s'agit d'un sport formidable et avec un peu de préparation, on peut courir à l'extérieur toute l'année. Certaines des sorties de course les plus agréables que j'ai faites étaient en hiver. Pour vous aider à apprécier la course en hiver, voici

quatre éléments à considérer : les vêtements, les chaussures, la visibilité et les autres possibilités d'entraînement.

Les gens qui pratiquent la course en hiver ont besoin de vêtements légers, chauds et voyants, qui facilitent l'évaporation de la sueur. Il faut se vêtir de plusieurs couches de vêtements. Plus il fait froid, plus il est nécessaire d'ajouter de couches. Ce qui est bien, lorsqu'on procède ainsi, c'est que lorsqu'on en a trop, on peut enlever les couches de trop, une à la fois.

En ce qui concerne les chaussures, la plupart des coureurs utilisent les mêmes espadrilles en été et en hiver, sans trop d'inconvénients pour les pieds. S'il fait particulièrement froid, vous pouvez porter deux paires de chaussettes isolantes. Les boutiques vendent également des crampons qui se fixent à vos chaussures et qui vous aident à

obtenir davantage de tractions sur les surfaces glissantes.

En hiver, les coureurs sont souvent forcés de courir en bordure de route. Cette pratique peut être dangereuse dans la pénombre ou l'obscurité, d'autant plus si la neige poudre et que le coureur porte des vêtements foncés. Il est essentiel de porter des vêtements très visibles ou d'utiliser une source de lumière portable lorsqu'on s'entraîne à l'extérieur dans des conditions plus sombres. Il est ainsi plus facile pour les conducteurs de vous voir et de vous éviter.

Chaque hiver comporte des jours où il n'est ni judicieux ni sécuritaire d'aller courir à l'extérieur. Le temps extrêmement froid, la pluie verglaçante et les routes et les trottoirs non déneigés sont toutes des situations qui présentent des risques. Heureusement, il existe plusieurs possibilités d'entraînement au

centre de conditionnement de votre base ou de votre escadre. Vous pouvez, entre autres, faire de la natation, de la bicyclette sur place, utiliser un tapis roulant, un marchepied d'exercice, une machine à ramer et des appareils elliptiques, ou encore participer à un cours de cardiovélo. Ce sont toutes d'excellentes façons de vous entraîner. Certaines bases offrent même des pistes de course intérieures!

Ce qui importe, c'est qu'en suivant les conseils ci-dessus, vous pourrez poursuivre votre entraînement de course tout l'hiver. N'oubliez pas que même si vous n'avez aucun contrôle sur le temps qu'il fait, vous pouvez décider de vous entraîner intelligemment. - Dr Darrell Menard, M.D., Dipl. méd. Sportive.

La réponse ci-dessus provient de l'équipe Energiser les Forces

Fitness and sports updates

By Trident Staff

Attend 15 PSP Halifax fitness classes between January and February 12 and earn a FREE dry fit t-shirt.

Participants will receive a punch card in order to track attendance. PSP fitness and sports staff will keep your cards so you don't forget them. At the end of the challenge you'll get your shirt provided you have 15 stamps. There is no registration deadline - participants can sign up late, they just need to get in all 15 classes. Participants cannot earn stamps by attending classes at outside gyms, community rec classes or doing PT on their own. However, you can earn them during our PSP-led classes for your unit. DND civilians and NPF employees can participate as long as they have a gym membership. To register, contact Margaret.craig@forces.gc.ca (Fleet); joel.waterfield@forces.gc.ca (Shearwater); or Jessica.crook@forces.gc.ca (STADPLEX).

Curling: Base playdowns will be held the week of January 25-29 to select the team who will represent CFB Halifax at the A/R Curling Championships March 1-4 at 14 Wing Greenwood. The team representing CFB Halifax will be a combined Fleet/Base team.

COTW bubble soccer takes place on Friday January 29.

Because of rental costs and time, this will be a one-day tournament with a limited number of participants. Deadline to submit your team is 9:30 a.m. on Wednesday January 13.

The Formation Halifax Badminton Team is looking for skilled badminton players for this year's regional championships taking place March 21-24 at the Fleet Fitness and Sports Centre.

Playdowns for the team will be February 8-12 at STADPLEX. To register, please contact Jonathan.berg@forces.gc.ca by February 1.

CFB Halifax will host Base Team Squash Playdowns at STADPLEX from February 9-11. In order to register, please contact CPO2Gagnon at Stephane.Gagnon6@forces.gc.ca or MWO James at Graham.James@forces.gc.ca

Prenatal yoga classes at the Fleet gym began on November 10. Classes take place on Tuesdays from 7:30 to 8:30 a.m. This is an inclusive, well-rounded and safe yoga class for prenatal and postpartum participants. The class focuses on basis poses and the reminder to remain safe around and newfound flexibility.

Intersection hockey is looking for any goalies who would like to play. To be allocated to a team or to get your name on the spare goalie list, please contact Jason Price at Jason.price@forces.gc.ca

The noon recreational bowling league is at the base gym bowling alley every Monday, Wednesday, and Friday.

Base Volleyball Team: anyone interested in playing volleyball this season please contact PO1 Jason Thompson at 902-721-4945. Practices are on Mondays from 4 to 6 p.m. at STADPLEX.

Check out the new classes at STADPLEX. Mondays: Learn to run. Wednesdays: Yoga. Thursdays: Learn to run. (moved from Friday). All classes begin at 7:30 a.m. at STADPLEX.

COTW STANDINGS 2015/2016

COTW Units	SOCCER	FIT	RUNNING	BADM	SQUASH	V BALL	HOCKEY	CURL	B HOCK	DODGEBALL	V BALL	SWIM	BOWLING	FL H	BBALL	GOLF	SLO PI	POINTS	PLACE
5 Cdn Div / Hlth SVCS	80	90	70	35	90													365	1st
CFNES	65	45	40	80	60													290	2nd
CFNOS	50	20	55	65	45													285	3rd
CFMWC / FMFCS	40	75	25	20	20													180	4th
BADM / MARLANT / MP	0	10	0	50	75													135	5th
TRINITY	20	60	10	0	30													120	6th
BLOG/ BCE	30	30	0	0	0													60	7th

Start a conversation about mental health: Bell Let's Talk Day, January 27



By Health Promotion Staff

Sources – letstalk.bell.ca / mentalhealthweek.cmha.ca

In 2010 Bell announced that it would be contributing \$50 million to mental health related initiatives over the next five years. The Bell Mental Health initiative supports a wide range of programs to enhance mental health in every aspect of Canadian life. In its fifth year, the annual Bell Let's Talk Day is being held on January 27, 2016. Through this campaign, Bell dedicates an additional 5¢ for every long distance call and text message sent by Bell customers to mental health related issues across the country.

One of the key pillars of Bell's Mental Health Initiative is anti-stigma. As part of Bell's efforts to reduce the stigma of mental illness, the Bell Let's Talk awareness campaign has already begun to engage Canadians in the dialogue around mental health.

Many people living with a mental illness report that stigma (negative connotations of what

mental illness is) and discrimination causes them more suffering than the illness itself. As a result, two thirds of those suffering from mental illness are too afraid to seek the help that they need.

Recognizing that simply talking makes a significant impact in breaking down the barriers to mental health, the campaign encourages people to "start the conversation" about mental health and engage in dialogue with friends, family and co-workers.

Both within CFB Halifax and across the Canadian Armed Forces, military members, their families and civilian employees are also being encouraged to talk about mental health and become familiar with the resources and supports available to them.

Being aware of our mental health is important because it affects every single aspect of our daily life and ability to function. Without awareness, it can be difficult to understand why we may be feeling stressed or having difficulty coping at any point in time.

Maintaining our mental health is a lot like staying physically fit: it requires a little effort every day. In addition to finding balance in our life, it also often

involves talking with and seeking support from others.

For more information about mental health support services available within CFB Halifax and Region, please contact:

CAF Members & Families
Psychosocial Services (CAF Health Services), 902-721-8607.
CAF Member Assistance Program (CFMAP), 1-800-268-7708.

Chaplains, 902-721-8660 / 427-7788 (24/7).

Military Family Resource Centre (MFRC), 902-427-7788 (24/7).

DND Civilian Employees
Employee Assistance Program (EAP), 902-427-3237.

Employee Assistance Services (Health Canada), 1-800-268-7708.

Professional / Personal Development (Education and Awareness)

Health Promotion Services (PSP), 902-722-4956.

Operational Stress Injury Joint Speakers Bureau, 902-721-8819.

To continue the dialogue about mental health, Health Promotion Services (PSP) offers the following programs and workshops (open to all CAF members, CAF family members over the age of

18 years and DND/NPF civilian employees):

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.

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

Shorter briefings and workshops are also available to Units, Ships and Squadrons (upon request) to support the professional development of their members and employees.

For more information about mental health and/or to register for one of the upcoming programs or workshops, please contact Health Promotion Services (PSP) at 722-4956 or visit the Health Promotion Services webpage at www.psp Halifax.ca

Technician

TECHNICIAN continued from / Page 9

sport to meet so many great people and develop good friendships with them," he said, rattling off the names of world champions like Sugar Ray Leonard and Oscar De La Hoya when talking about the close relationships he's formed through the sport.

And if you haven't dealt with Buckoski through the Sports Stores, anyone who's been to a PSP sporting event or other base function has likely heard his booming voice over the loud-speaker. His skills as an emcee were developed over 10 years of volunteering with Seaside FM and other local stations, and he said the radio and announcing world could become a bigger part of his life down the road.

"It's something I would love to do once I retire here, and I've been able to open a few doors for myself so I've been lucky in that regard."

For now, however, he'll keep renting out gear, maintaining equipment and buying new stock to keep the facility running at a world class level.

"Our people are the best, so I want them to have the best and I want to treat them the best I can. That's what I've doing here for 23 years."

Health Promotion Schedule

continued from / Page 8

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, Stadacona.

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.psp Halifax.ca

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

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Serving the DND and RCMP communities (active and retired) and their guests. Au service des membres de la communauté du MDN et de la GRC (en service et à la retraite) ainsi qu'à leurs invités.

Avez-vous déjà regardé les Nouvelles de l'Équipe de la Défense?

Par Jill Claessen, SMA(AP)

Le bulletin de nouvelles de l'Équipe de la Défense est bimensuel et a été créé pour vous fournir une manière dynamique d'apprendre davantage sur les nouvelles et les programmes qui vous touchent.

Le bulletin des Nouvelles de l'Équipe de la Défense, lancé en juin, s'apprête présentement à faire son entrée sur les médias sociaux, le 16 novembre. Si vous n'avez pas encore vu notre bulletin de nouvelles, ne manquez pas de vous rendre au site intranet de l'Équipe de la Défense ou la chaîne YouTube des FAC pour regarder notre dernière émission.

Nous ajoutons également un nouveau segment au bul-

letin des Nouvelles de l'Équipe de la Défense intitulé *Cette semaine dans l'histoire militaire*. Ce segment mettra en vedette une série d'événements historiques qui ont eu lieu au cours de cette même semaine. Ne manquez pas la première édition de ce segment à partir du 16 novembre.

Nous continuerons à alimenter la série Bravo Zulu mettant en vedette un membre de l'équipe de la Défense. Cette série a été créée pour vous mettre en valeur, vous et vos collègues de l'Équipe de la Défense, afin de reconnaître votre excellent travail ou vos actes de gentillesse, tant au sein et à l'extérieur de votre milieu de travail.

Si vous connaissez un collègue dont l'excellent travail mérite d'être souligné,

envoyez-nous une brève citation ainsi qu'une photo de ce dernier.

Depuis le lancement, nous avons assuré la couverture médiatique de nouvelles, petites et grandes et nous voulons nous assurer que ce bulletin de nouvelles vous reflète. C'est pourquoi nous vous encourageons à nous faire parvenir vos commentaires et vos suggestions de reportages futurs à l'adresse Internal_communications_internes@forces.gc.ca.

Merci et restez à l'écoute.

Have you watched Defence Team News yet?

By Jill Claessen, ADM(PA) Defence Team News is a bi-weekly newscast that was created to provide you with an engaging way to learn about the news and programs that impact you.

Defence Team News, which was launched in June, is now making the leap to social media on November 16. If you haven't yet watched an episode, be sure to visit the Defence Team intranet or the CAF YouTube channel to watch the latest episode.

We are also adding a new feature of Defence Team News called *This Week in Military History*. This segment will profile a notable milestone that occurred that same week in Canada's proud military history. Watch for the first episode with this new feature, beginning on November 16.

We will also continue to feature a Bravo Zulu profile of Defence Team members. This segment was created to highlight, you, our Defence Team colleagues, for your good work or good deeds, on or off the job.

If you have a colleague that deserves to stand in the spotlight for a job well done, send us a short citation and a photo of the person.

Since the launch of Defence Team News in June, we have covered stories big and small. We want to ensure that this newscast provides you with relevant and interesting content, so let us know what you think and submit your ideas for future stories to Internal_communications_internes@forces.gc.ca.

Thanks and keep watching.

Butt Out: Setting your sights on tobacco-free living



By Health Promotion Staff

In support of National Non-Smoking Week (January 17-23) and Weedless Wednesday (January 20), the Strengthening the Forces Health Promotion Services (PSP) encourages all local CAF/DND tobacco users (i.e., military personnel and their families, and civilian DND and NPF employees) to become tobacco-free.

Canada's largest, longest-lasting and most successful public education campaign, the goals of National Non-Smoking Week include educating Canadians on the dangers of smoking, preventing non-smokers from becoming

addicted to tobacco, and assisting current smokers to quit.

It is well known that the majority of smokers want to quit and often make several attempts before they succeed. The idea behind Weedless Wednesday is to promote a one day at a time approach to quitting smoking; a concept that appeals to many smokers who may become discouraged or overwhelmed at the thought of quitting for an entire week, month or lifetime.

For smokers who have been thinking about quitting, campaigns such as Weedless Wednesday focus on setting smaller, more achievable goals and providing an opportunity for tobacco users to put their plan into action for at least 24 hours. There are also many physical health benefits of quitting for just one day. Within 20 minutes of

quitting, blood pressure, heart rate and the temperature of hands and feet return to normal; within eight hours, carbon monoxide counts and the oxygen level in the blood return to normal, and within 24 hours, the risk of heart attack decreases.

To help those who want to reduce or stop using tobacco, there are a wide variety of resources available. These include nicotine replacement therapies (i.e., gum, patch, lozenge, inhaler, spray), prescription medications (i.e., Zyban, Champix), group and self-help education and support programs (including both in-person and online resources). Research has shown that a combination of smoking cessation aids and participating in an education/support program is most effective in becoming tobacco-free.

Butt Out Program: In the comfort and safety of a small group setting or through the one-on-one self-help format, this program is designed to help participants overcome their addiction to nicotine by providing education and support. Topics include smoking/ chewing cessation medications; problem-solving and coping strategies; relaxation and stress management; physical activity; minimizing weight gain; preparing for high-risk situations, and developing a plan for remaining tobacco-free.

- CAF Members (Regular & Full-Time Reserve Force)
- Nicotine replacement therapies, Base/Wing Pharmacy.
- Prescription medications, CDU / Base/Wing Pharmacy.
- Butt Out Program, Health Promotion Services (902-722-

- 4956)
- Break It Off!, www.break-itoff.ca.
- Smokers' Helpline, www.smokershelpline.ca (1-877-513-5333)
- CAF Members (Reserve Force) / CAF Family Members / Civilian Employees
- Nicotine replacement therapies, your pharmacy.
- Prescription medications, your physician.
- Butt Out Program, Health Promotion Services (902-722-4956).
- Stop Smoking Services, Central Health Region (902-424-2025).
- Break It Off!, www.break-itoff.ca.
- Smokers' Helpline, www.smokershelpline.ca (1-877-513-5333)

Safe winter driving requires caution, expertise

By MCpl Rob Canning, MPU Halifax

With the winter season now upon us, we come accustomed to near perfect driving conditions enjoyed from spring through the fall season. As you are aware, Nova Scotia weather is at times unpredictable, so don't expect clear and dry summer road conditions in the winter. Below are some reminders for winter driving.

Slow Down
Always drive according to weather and road conditions. The posted speed limit is intended for ideal road conditions - in poor conditions, reduce your speed.

When entering and exiting main gates throughout CFB Halifax/12 Wing Shearwater, please approach with caution, as duty personnel are present.

Always keep a safe distance between you and the vehicle in front of you to avoid having to brake suddenly. Increase your following distance on wet and slippery surfaces to allow yourself more time to stop.

When commuting, give yourself extra time to reach your destination, and postpone or cancel your trip if stormy weather does not improve.

Stay Alert
Winter weather conditions can

change quickly, placing extra demands on your vehicle and your driving skills. Be sure to keep your focus on the road and on other vehicles around you at all times, and eliminate all distractions such as cell phones and other devices. Also ensure you are well rested before any trip.

Stay in Control
Make sure you know how to handle your vehicle in all weather conditions; be familiar with your braking system and know how it reacts driving on snow and ice. Keep your headlights on all the time - don't rely on daytime running lights, and keep in mind that low beams are

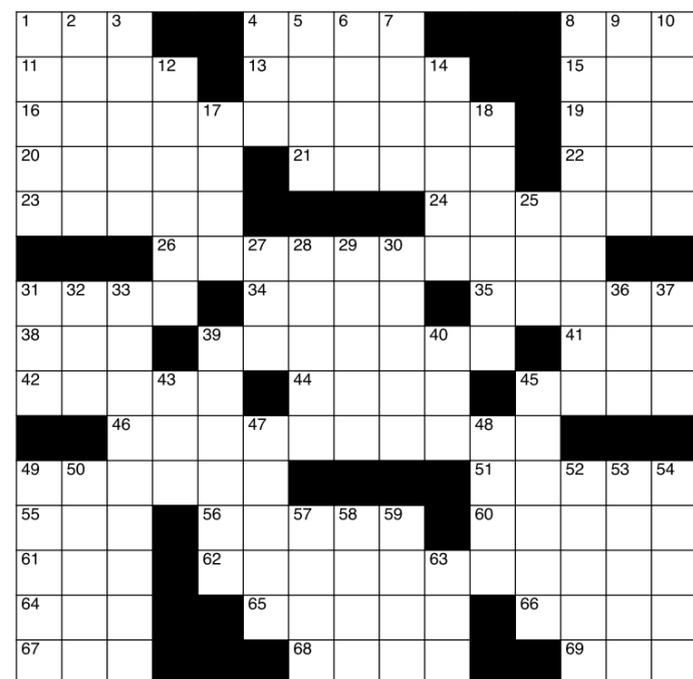
actually more effective than high beams in fog or heavy snow conditions.

Also, you should never use cruise control in winter weather. Use your signal well in advance of turning to give other motorists time to react to your actions. Check your rearview and side mirrors, and always check the blind spots before changing lanes. Avoid sudden moves of your own by watching traffic and anticipating turns or lane changes. Abrupt changes in direction or slamming on the brakes could cause you to lose control in winter conditions.

Remember that bridges and overpasses may be slippery even

when other sections of the roads are not, and avoid braking on curves by driving through them at a safe, steady speed. Take your foot off the brake if your vehicle begins to skid and steer in the direction you want to go. Remember, your vehicle generally goes where you are looking. When the wheels regain their grip on the road, brake firmly and smoothly. If approaching a hill, accelerate slightly while when beginning the climb and maintain a steady speed going up.

Follow these tips and drive cautiously to ensure you and your passengers can travel safely all winter long.



CLUES ACROSS

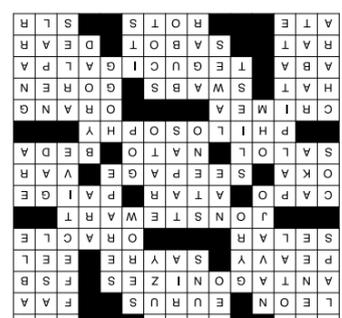
- 1. Cathode-ray tube
- 4. A leglike part
- 8. Old world, new

- 11. Sec. of Def. Panetta
- 13. Greek god of E or SE wind
- 15. Supervises flying
- 16. In a way, bothers

- 19. Federal savings bank
- 20. Stout lever with a sharp spike
- 21. F.S. Fitzgerald's wife Zelda
- 22. Snakelike fish
- 23. Scads
- 24. Prophet
- 26. Former ÓDaily ShowÓ star
- 31. Organized crime head
- 34. Oil obtained from flowers
- 35. 2X WWE Divas Champ
- 38. Brine cured Canadian cheese
- 39. Slow oozing
- 41. Volt-ampere
- 42. Phenyl salicylate
- 44. European defense organization
- 45. Anglo-Saxon theologian
- 46. Doctrine
- 49. Soviet peninsula
- 51. Large long-armed ape
- 55. Protects from weather
- 56. Mops
- 60. Bridge expert
- 61. Fabric woven from goat and camel hair
- 62. Capital of Honduras
- 64. Tell on
- 65. Wooden clog
- 66. Beloved
- 67. Fed
- 68. Decays

- 69. Single Lens Reflex
- CLUES DOWN**
- 1. Applauds
- 2. Actress Zellweger
- 3. Obtained by addition
- 4. Chief executive officer
- 5. Flees
- 6. Murre's genus
- 7. ___ Wong, spy
- 8. Works well as a remedy
- 9. Tripod
- 10. A nautical unit of depth
- 12. Most populous Native Am. people
- 14. Genus Capricornis
- 17. Universally mounted spinning wheel
- 18. Spanish shawl
- 25. Macaws
- 27. No (Scottish)
- 28. Takes dictation
- 29. Spanish appetizers
- 30. The Muse of lyric and love poetry
- 31. Romaine lettuce
- 32. Alias
- 33. A way to beat
- 36. Son of Jacob and Zilpah
- 37. Amount of time
- 39. Most guileful
- 40. Younger US political party

- 43. Electrical resistance unit
- 45. Side way
- 47. Milton's Cormus composer Henry
- 48. Sheep up to age one
- 49. Green algae
- 50. Capital of Morocco
- 52. S.E. French city on the Rhone
- 53. Asian nation
- 54. Great No. Am. RV Rally
- 57. Culture medium and a food-gelling agent
- 58. Inflamed lymph node swelling
- 59. Native of Edinburgh
- 63. Belonging to a thing



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