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Monday, February 8, 2016



Volume 50, Issue 3

TRIDENT

www.tridentnews.ca

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

HMCS *Halifax* participates in milestone flight for Cyclone helicopter

By Slt Patrick McCarthy,
HMCS Halifax

On Wednesday January 27, just off the coast of Nova Scotia, the sun shone on a milestone achievement for the Canadian Armed Forces' CH148 Cyclone helicopter project. The first Cyclone helicopter, fully manned by Royal Canadian Air Force (RCAF) personnel, successfully landed on a Canadian warship at sea. HMCS *Halifax*, the ship on which the first Cyclone landing occurred, has been involved with CH148 testing and training for the past year.

HMCS *Halifax* first commenced Ship Helo Operating Limits (SHOL) trials in January 2015 and spent five months working with the Cyclone helicopter conducting tests and trials in order to determine operating limits and best practices for the new helicopter. Recommencing SHOL trials in January 2016, the crew of *Halifax* were happy to a part of this milestone flight for the RCAF. Cdr Graham Roberts,

the Commanding Officer of HMCS *Halifax* stated, "This week's milestone achievement represents a great step forward towards full integration of the Cyclone helicopter into RCN operations, *Halifax* has been extremely impressed with the capabilities of the Cyclone over the past year and we look forward to continuing to work with the helicopter at sea in the coming months."

From an Air Force perspective, similar sentiments were felt by the crew in the air as well as on board the ship. Capt T.A. Munro of 423 MH Squadron Shearwater, who was the Landing Signals Officer (LSO) for the first landing was excited to be a part of the ongoing integration of the Cyclone helicopter and commented, "This week was an excellent opportunity for pilot force generation and an important milestone in the maritime helicopter project."

Personnel at the the Helicopter Operational Test and Evaluation Facility (HOTEF) have been



One of Canada's newly acquired CH-148 Cyclone helicopters practices landing procedures on HMCS Halifax off the coast of Nova Scotia.

OS KWAN, HMCS HALIFAX

working very hard to enable milestones such as this one are achieved.

"The CH148 Cyclone landing on HMCS *Halifax* is a tangible representation of the hard work and foundational effort Helicopter Operational Test and Eval-

uation (HOTEF) has invested since acceptance of the aircraft. HOTEF continues to lead the introduction of the CH148 Weapon System by proving the operational capabilities of the aircraft and its in-service support structure," said Maj Travis Chap-

man, CO HOTEF.

HMCS *Halifax* will continue to operate with the Cyclone helicopter fleet for the remainder of the winter, conducting SHOL trials and furthering the ongoing integration of the Cyclone helicopter into naval operations.

No. 2 Construction Battalion honoured at African Heritage Month kickoff

By Ryan Melanson,
Trident Staff

The history of African Nova Scotians, as well as the history of military service in Nova Scotia, are both crucial elements that make up the story of this province.

This year, both are in the spotlight as the Nova Scotia celebrates the history, struggles and achievements of its residents of African descent.

The official theme for African Heritage Month 2016, taking place through the month of February, is "Legacy of Commitment – They Fought to Fight." The theme honours the No.2 Construction Battalion, which served in the First World War as the only predominately black battalion in Canadian military history. The largest contingent of the Battalion's members hailed from Nova Scotia.

2016 marks the 100th anniversary of the No. 2 Construction Battalion's creation, and a poster highlighting that fact was revealed as African Heritage



From left, Nova Scotia Minister of Communities, Culture and Heritage and Minister of African Nova Scotian Affairs, Tony Ince, along with Premier Stephen McNeil and the Honourable BGen(ret'd) J.J. Grant, Lieutenant Governor of Nova Scotia, reveal the poster honouring the No.2 Construction Battalion.

RYAN MELANSON/TRIDENT NEWS

Month events kicked off at Province House on January 27. Dignitaries, politicians, community members and CAF representatives were all on hand for

the occasion.

The Honourable BGen (ret'd) J.J. Grant, Lieutenant Governor of Nova Scotia, delivered remarks that focused on the will-

ingness of African Nova Scotians to fight in the First World War, despite the obstacles and prejudices that made enlisting difficult or impossible for many black Canadians.

"Notwithstanding the blatant racism that existed at that time, and weak excuses as to why they could not join, each man voluntarily stepped forward to fight for King and country," he said.

"It was through the assistance of a number of individuals who wrote letters and petitioned for the recruitment of proud African Nova Scotians into the army, that the No.2 Construction Company was formed."

BGen Grant described the battalion as working in unprotected areas, under the threat of mustard gas or enemy fire, despite senior leadership questioning their abilities due to their skin colour.

"As a result, they had to work double as hard to prove themselves as soldiers, and prove themselves they did," he said.

Tony Ince, Nova Scotia's Min-

ister of Communities, Culture and Heritage and Minister of African Nova Scotian Affairs, said the brave members of the battalion unknowingly blazed a trail for subsequent Canadians of African Descent.

"And while we continue to fight to make this a better place, we can find strength in the story of the No.2 Construction Battalion," he said.

Representatives from African Nova Scotian Affairs and Nova Scotia's African Heritage Network also addressed the crowd, providing a summary of events planned for the month in all corners of the province. Entertainment was also provided by singer/songwriter Keonte Beals, a native of North Preston and the African Nova Scotian Music Association's emerging artist of the year.

For up to date information on all African Heritage Month events in Nova Scotia, including those focusing on the No.2 Construction Battalion, visit ansa.novascotia.ca.


MyClosing
Mymilitaryclosing.ca

Military community says goodbye to LS Benoît Bilodeau

By Ryan Melanson,
Trident Staff

Members of the local CAF community gathered on January 15 at the Stadacona Chapel to do what Padre Lt(N) Corey Pickens described as “One of the most difficult things we ever have to do as a community.”

The Chapel was host to a memorial service for LS Benoît Bilodeau, who was discovered deceased on December 14, 2015, in Eastern Passage. Friends, colleagues and family members, as well as representatives from the MARLANT and CFB Halifax command teams, filled the chapel for the service.

LS Bilodeau began his RCN career in January of 1986, spending the majority of his 30 years of loyal and dedicated service working as a boatswain, prior to his occupational transfer to the role of supply technician in 2008. He was known for being a quiet,

yet caring coworker, as well as for his exceptional punctuality and for a work ethic that always served as an example for others.

LS Bilodeau’s mother, Louise Malenfant, spoke to those in attendance, thanking the MARLANT community for the support offered to her family during this difficult period. While she continues to mourn, she said she was thankful for the presence of her son in her life for nearly 48 years.

She recalled that LS Bilodeau always spoke very highly of his coworkers, and said he described a strong sense of camaraderie that he felt within his section and his unit as a whole.

“So to be here, to meet all of you and to see the place where Benoît worked, I’m very grateful for the opportunity. It’s a nice gift for me,” she said.

The chapel also heard from Mireille Bedard, LS Bilodeau’s sister, who recited a short poem



LS Benoît Bilodeau was commemorated in a service held at the chapel at Stadacona on January 15, 2016.

in memory of her brother. And while the occasion was a somber one, it wasn’t without moments of joy and laughter, as colleagues shared stories of

working with LS Bilodeau.

PO2 Cathleen Loughead, who worked alongside LS Bilodeau for the last year and a half at MOG5, smiled as she remembered her colleague for things like his love of Chinese food, his participation in weekly section volleyball games, and for the green duffel bag, commonly known as the Benny Bag, that he carried with him at nearly all times.

She also highlighted his caring nature, recalling a request for volunteers from the unit last spring from the Eastern Shore Community Centre.

“He quickly offered to help, and even rented a car to go help on his own time. What dedication he showed for others,” PO2 Loughead said.

The service also heard from LCdr Peter Robichaud, Commanding Officer of CAN-FLTATL HQ, who said he’ll remember LS Bilodeau not only

for being the first in his section to arrive for work each day, but also for his years of experience and the conversations about his varied career.

“He always enjoyed engaging his coworkers one-on-one in conversation, recounting stories about his many past deployments,” he said.

Those deployments included time spent sailing on HMC Ships *Montréal*, *Fraser*, *Athabaskan*, *Ville de Quebec* and *Fredericton*.

Other sailors and colleagues delivered prayers and psalms in memory of LS Bilodeau, and padres led the congregation in the singing of hymns, including the Naval Hymn, *Eternal Father Strong to Save*.

LS Bilodeau is also survived by another sister, Brigitte Bergeron, and a number of nieces, nephews, aunts and uncles. A separate memorial service was held December 22, 2015, in Victoriaville, Quebec.

Security Awareness Week, February 8-12

By Len Bastien,
ADM IM

Did you pay attention when hackers leaked the identities of 32 million users from the notorious matchmaking website Ashley Madison? Hackers threatened to release personal information from customer records, including financial transactions, addresses, and explicit photographs.

The lesson is undeniable: Cyber threats lurk everywhere, ready to attack our digital identities, even when we believe we are secure. What’s more, the cyber world does not discriminate between our professional and personal lives. These intersect to create one digital identity, which can be pieced together by assembling the mosaic of personal and professional information.

Internet databanks are only increasing as more Canadians embrace the convenience of the digital world. According to Statistics Canada, 83% of Canadian households had access to the Internet at home in 2012. Similarly, by March 2014, 84% of Canadian tax returns had been filed electronically, indicating that Canadians are feeling secure about using digital tools to share personal information. As the amount of personal data stored on the Internet grows, so does the risk that this mosaic of data will be used for malicious activity. And yet, many people take risks online by opening email from an

unknown source, not protecting personal information stored on a computer, or sharing personal information without considering the risks.

It is a timely reminder for all of us to evaluate the safety of our online activities, get informed about the real security risks in the digital world, and adopt safe electronic practices – at work, and at home.

At work, the DND/CAF information holdings, networks, and IT assets are protected by layered defences. However, it is not only up to the technical experts; every member of the Defence Team has a role to play. Take this opportunity to review your responsibilities and adhere to the IT security practices in your work area.

At home, you can help protect yourself by ensuring you have the latest anti-virus software, using firewalls, and being careful about the information you share on social media. Adopting safe cyber practices protects our Defence information holdings, our military capabilities, our collective physical security as Defence Team members, our personal security and, ultimately, our ability to defend Canadians.

Take the time to review your online safety practices. Cyber security matters to everyone, every day.

Protecting your personal security on social media

By DG Defence Security Staff

Do you know how exposed you are on the Internet?

Social media is a convenient networking platform to share news and imagery with friends and family, but as a member of the Defence Team, are you sharing too much?

Seemingly trivial personal or professional information could provide foreign analysts just what they need to conduct social engineering attacks on Defence personnel.

Consider the security risks to yourself, your family, your col-

leagues, and the DND/ CAF mission. Use the following tips to protect your safety:

- DO use your privacy settings to control who can access your information on social media.
- DO use the secondary Security Protection on your accounts.
- DO ensure any information you share is already in the public domain.
- DO report any attempt to coerce information on your duties, work, or military status to your chain of command.
- DO follow the CJOC Direction on International Operations (CDIO) 1400 0 Series when

deploying on, or in support to, CAF operations.

Avoid doing the following:

- Allowing applications and games to access your personal information and contact lists;
- Sharing the location of your work or residence;
- Widely sharing your birth date and year;
- Tagging pictures of your children with their names and birthdates; and
- Allowing applications to access your physical location by GPS (geo-tagging).

Don’t be a target on social media.

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CAF mark 10 years at the beginning of Op CARIBBE 2016

By DND

Her Majesty’s Canadian Ships *Moncton* and *Summerside* departed Halifax on January 27 to participate on Op CARIBBE 2016, marking the start of Canada’s 10th year of contributions to Op MARTILLO - the multinational campaign against transnational criminal organizations in the Pacific Ocean and Caribbean.

Moncton and *Summerside* are the first of several CAF assets that will participate on Op CARIBBE 2016. Throughout the year, the Royal Canadian Navy will deploy warships from both the East and West Coasts, while the Royal Canadian Air Force will provide CP-140 Aurora aircraft from various long-range patrol squadrons, all in support of Op MARTILLO.

As part of Op CARIBBE 2015, the CAF contributed four CP-140 Aurora surveillance aircraft, five Maritime Coastal Defence Vessels (HMC Ships *Brandon*,

Goose Bay, *Nanaimo*, *Shawinigan* and *Whitehorse*), two Halifax-class frigates with their embarked CH-124 Sea King helicopter (*Winnipeg* and *Vancouver*), and one Iroquois-class destroyer (HMCS *Athabaskan*) with her two embarked CH-124 Sea King helicopters.

Moncton and *Summerside* will look to follow up on the success of *Brandon* and *Whitehorse*. The ships assisted in the seizure and disruption of more narcotics during a 44-day deployment in the fall of 2015 than any other duo of MCDVs in the history of Op CARIBBE, with a combined total of approximately 9,800 kilograms.

Op CARIBBE is one of the many activities undertaken by the Government of Canada and DND/CAF as part of Canada’s broader commitment to engagement in the Americas. This annual operation directly supports the CAF’s mission to defend against threats and security challenges to Canada, North America, and our

defence and security partners. The CAF have conducted Op CARIBBE since November 2006 and remain committed to working with Western Hemisphere and European partners to address security challenges in the region to disrupt illicit trafficking operations.

Quotes
“The Canadian Armed Forces have seen great success on Operation CARIBBE. For a decade, we have been a steadfast player in helping to increase regional security in the Caribbean and stem the flow of illicit drugs destined for North American communities. Operations such as CARIBBE are a testament to Canada’s ability to work alongside international partners in keeping our shared maritime approaches safe and secure,” said Harjit S. Sajjan, Minister of National Defence.

“The Canadian Armed Forces’ ongoing success of Operation CARIBBE has helped establish



HMCS Summerside departs Halifax for Op CARIBBE on January 27, 2016.

CPL CHRIS RINGIUS, FIS

great relations and enhanced cooperation with our allies and partners in the region. Year after year, our sailors, airmen and airwomen deployed on CARIBBE have provided opera-

tional excellence, and I trust that we will continue to serve with honour and distinction in 2016,” said LGen Stephen Bowes, Commander, Canadian Joint Operations Command.

Introducing the CAF Psychologists

By Annie Boivin, M.Ps.
CF H Svcs C (A)

February is National Psychology Month, a great opportunity to highlight the role and contributions of psychologists serving CAF members in MARLANT.

Canadian Forces Health Services Centre (Atlantic) (CF H Svcs C (A)) employs nine clinical psychologists in Mental Health Services. At a ratio of approximately one for every 870 members, MARLANT has nearly four times the number available to the general population of Nova Scotia. Their primary role is to provide assessment, consultation, and therapy services. They can diagnose mental illness, and work in partnership with psychiatrists, mental health nurses, social workers, addiction counsellors, case managers, chaplains, and family physicians.

According to the Canadian Psychological Association (CPA), a psychologist “studies how we think, feel and behave from a scientific viewpoint and applies this knowledge to help people understand, explain and change their behaviour” (www.cpa.ca). Psychologists may specialize in certain areas; for example, mood disorders, anxiety disorders, personality disorders, eating disorders, addictions, developmental disorders, and posttraumatic stress disorder. They work in clinical settings, in research and/or in education.

Psychologists have extensive training in a variety of empirical treatment methods they use, depending on the particular circumstances of the patient. Treatment is significantly more than talk. For example, one method is specifically designed to assist patients in changing their behaviours to better match their beliefs, while another works by increasing motivation. Several of the psychologists also have additional training in highly specialized treatment methods, such as EMDR therapy and Dialectical Behavior Therapy.

Meet your Psychologists. They are working in different departments.

General Mental Health Pro-

gram: non-service related mental health conditions

Annie Boivin, M.Ps.: bilingual; additional training in human sexuality and gerontology; specialty areas include mood, anxiety, personality, and addiction disorders; 26 years of experience (15 with the CAF).

Dr. Tina Oates-Johnson: specialty areas include anxiety disorders, depression, eating disorders and personality disorders; 16 years of experience (12 with the CAF).

Addiction Prevention and Treatment Program (APT): substance abuse and dependency and other addictions

Mary McGrath, M.Sc.: Program Manager; specialty areas include addictions (alcohol, drug,

gambling, and gaming), sexual behaviour problems and concurrent disorders such as depression, anxiety, trauma, and personality disorders; background in forensic psychology; 21 years of experience (15 with the CAF).

Debbie Sutherland, M.Sc.: specializes in addictions (substance abuse, gaming, internet), sexual behaviour problems (including sexual addiction); experience with concurrent disorders such as depression, anxiety, ADHD, and trauma; specialized training in acupuncture; background in forensic psychology; 18 years of experience (10 with the CAF).

Operational Trauma and Stress Support Centre (OTSSC): service related men-

tal health conditions

Mary Clark-Touesnard, M.A.: Program Manager; specialty in post-traumatic stress disorder; background in child, adolescent and family mental health services; 19 years of experience (12 with the CAF).

Dr. Krista Luedemann: specialty is post-traumatic stress disorder, background includes inpatient and outpatient general mental health as well as health psychology; six years of experience (two years with the CAF).

Patricia Roache, M.Sc.: experienced in post-traumatic stress disorder, anxiety, and depression; background in forensic psychology and outpatient general mental health; 10 years of experience (four years with the CAF).



From left: Dr. Tina Oates-Johnson, Patricia Roache, Annie Boivin, Dr. Krista Luedemann, and Susan Young.

SUBMITTED

Dr. Colin Perrier: experienced in PTSD, Addiction, Anxiety, Couples and Forensic; five years

See PSYCHOLOGY / Page 4

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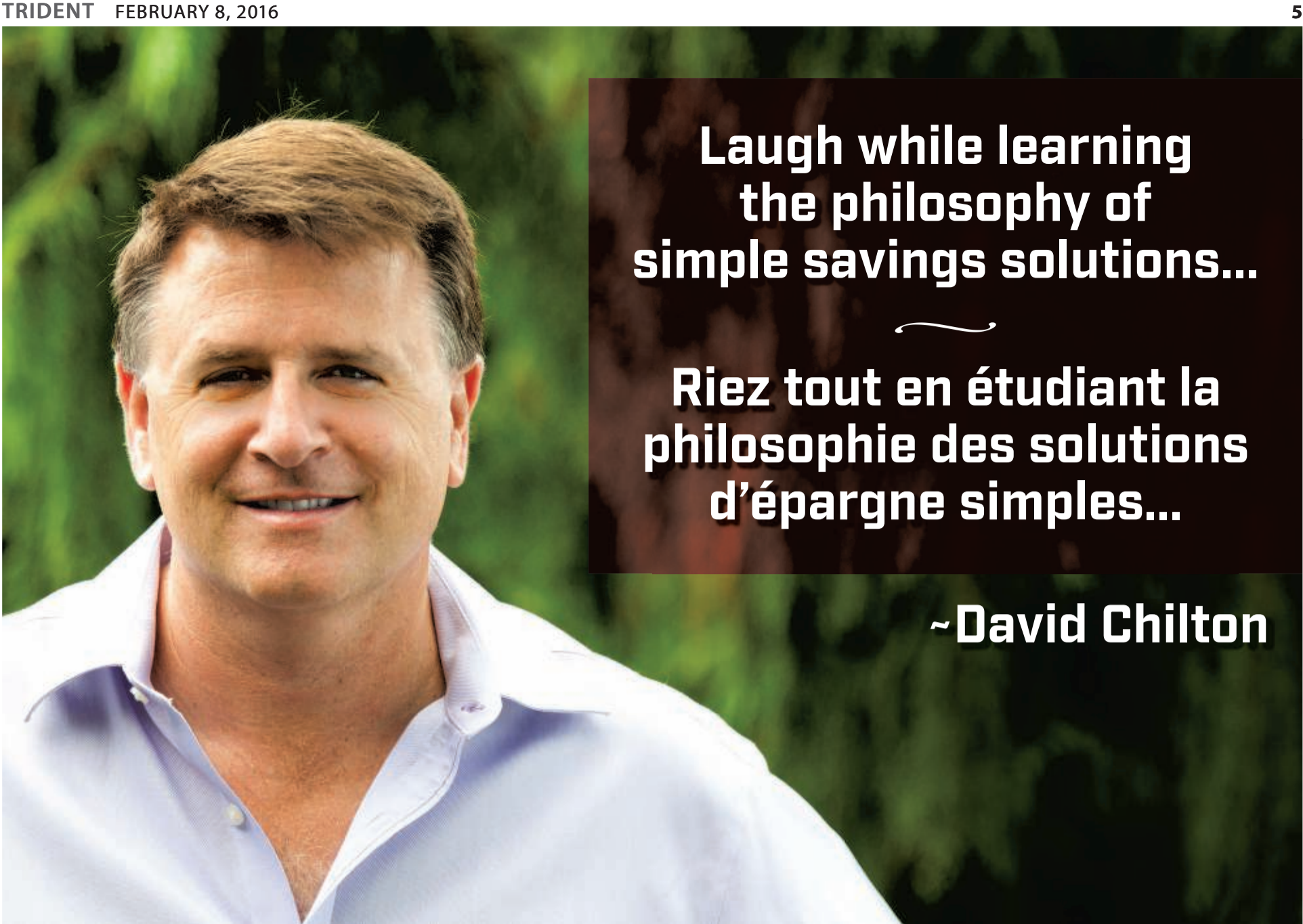
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Le retour du barbier riche*

et ancienne vedette de l'émission
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Oct 17
Oct 31 MFRC / Remembrance Special
Nov 14 Holiday Shopping Special
Nov 28
Dec 12 MFRC / Year End Review



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Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral John Newton, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is noon, ten business days prior to the publication date. Material should be typed, double-spaced and must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral John Newton, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremers les lendis toutes les quinzaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 12h le vendredi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent être dactylographiés à double interligne et indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

Annual Subscription (25 issues):
• NS: \$37.38 (\$32.50 + 15 % HST)
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• BC: \$36.40 (\$32.50 + 12% HST)
• Remainder of Canada: \$34.13 (\$32.50 + GST)
• United States: \$45 US
• Abroad: \$65 US

Courier address:
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Publication Mail Agreement No.
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Return undelivered Canadian address to:
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Minimum 8,500

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.

African Heritage Film Screenings: Dalhousie University

Time: 5 – 7 p.m.
Date: Tuesday, February 9 and Tuesday, February 16
Location: Dalhousie Art Gallery
As part of its African Heritage Month celebrations, Dalhousie University is screening a special series of films, curated by Atlantic Film Festival Senior Programmer Ron Foley MacDonald. The purpose is to highlight prominent black filmmakers, past and present, by showing their very first films. The series began on February 2 with Spike Lee's film *She's Gotta Have It*, and will continue on February 9 with *Dear White People*, a 2014 film by upstart director Justin Simien. The final installment on February 16 will feature *Losing Ground*, directed in 1982 by Kathleen Collins, the first Black American woman to direct and release a major feature film. For more information on the screenings, contact the Dalhousie Art Gallery at 902-494-2403.

An Evening Celebrating Black Women in Canada

Time: 6 – 8:30 p.m.
Date: Thursday, February 11
Location: Canadian Museum of Immigration at Pier 21

El Jones hosts this free evening of storytelling and music celebrating the accomplishments and spirits of Black women in

Canada, presented by Historica Canada. Wanda Robson, Dr. Wanda Thomas Bernard, Sylvia Hamilton, Shauntay Grant, Bernadette Hamilton-Reid and LaMeia Reddick will share personal stories, historical accounts and anecdotes about the Black women who inspire them. Historica Canada will share a brand-new Heritage Minute celebrating Viola Desmond. For more information, call 902-425-1365.

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 the next 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. 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*.

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 battalion overcame obstacles of discrimination during the war to become an important part of Canadian history. 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.Pear@forces.gc.ca

Canada and the Battle of the Atlantic

Time: 7 p.m.
Date: Tuesday, February 23
Location: Maritime Museum of the Atlantic
The Battle of the Atlantic was the longest single campaign of the Second World War, and its story is one that contains many sacrifices and successes from the Canadian contribution. Join CPO1 (ret'd) Pat Devenish for a

free Tuesday Night Talk that will examine Canada's role in the battle from the Navy, Air Force and Merchant Navy perspectives. He'll also touch on the details surrounding the Victoria Crosses awarded to Canadian sailors during the war. Devenish has been a regular contributor to Trident and recently retired from the RCN after more than 33 years of service, with his last position being Chief Engineer for CAN-FLTLANT. For more information on Tuesday Night Talks, contact Richard MacMichael at macmics@gov.ns.ca

Celebrate African Canadian Businesswomen

Time: 6 – 8:30 p.m.
Date: Tuesday, February 23
Location: Halifax Central Library
This African Heritage Month event, taking place at the BMO Community Room, aims to spark a conversation around the work of black and immigrant women business owners in the region. Presented as a partnership between Halifax Public Libraries and the Black and Immigrant Women Network of Nova Scotia, the evening will celebrate achievements through the stories and experiences of women who have broken down barriers and become known for their business acumen. For more information, contact the Central Library's adult services line at 902-490-5710.

Psychology

continued from / **Page 3**
of experience (Started working with the CAF on November 09, 2015).

Susan Young, M.Ed.: Focus of practice; trauma, crisis response

and general mental health with children, adolescents, adults, groups and couples in community, clinic and hospital settings; 11 years of experience (approx. one year with CAF).

All psychologists are registered with The Nova Scotia

Board of Examiners in Psychology (NSBEP), (<http://nsbep.org>), whose mandate is to protect the public by ensuring that providers are properly trained and qualified. For more information about psychologists, consult CPA, NSBEP, or the Association of

Psychologists of Nova Scotia (APNS) (www.apns.ca).
For more information on Mental Health programs, consult CF H Svcs C (A), <http://halifax.mil.ca/cfhsvcsca/>.
Contact: Annie Boivin, M.Ps., 902-721-8414.

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Stories from home: A calendar of adventures

By Jen Dunn,
Freelance writer

Daughter of a soldier and wife of a sailor, Stephanie Burke is no stranger to military life. Following in her mother's footsteps, Stephanie became a military wife as well, raising two children and remaining the solid presence at home throughout several deployments. Her children are now grown, and her husband still serves in the military after 34 years, currently as Coxswain in HMCS *Athabaskan*. Stephanie's deployment experi-

ences are numerous, and she knows that when these separations occur, the partner at home deals with the expected and the unexpected alike. Though difficulties inevitably came up, Stephanie made an effort to ensure her children enjoyed themselves. "I made up a calendar every time my husband was going to be away and marked an adventure every weekend so they would be counting the days to their adventure and not counting the amount of days that their father was gone." Her efforts were rewarded, as her

family now shares many happy memories: arranging Christmas celebrations in September; a train trip to Truro, visiting the public library for puppet shows, and Saturday afternoons spent watching movies inside a tent in the living room. "The calendar said we were going camping so we did. We never left the house but we were camping." Planning these activities made the deployments go by more easily and more enjoyable. "Before we knew it the calendar had run out of adventures and Dad was back home safe and sound."

Over the years, Stephanie's perspective on deployment has become both relaxed and knowing. "We have lived this life for so long and the time my husband spends away can be inconvenient, but nowhere near what it was in the earlier days. Sometimes it's a refreshing change. It's always nice to reboot with a little time away from each other... I've had to be independent and capable all on my own so there isn't an issue with my ability to survive. Do I miss having a man around the house to take care of



Stephanie Burke (right) and her husband, CPO1 Bruce Burke.
SUBMITTED

household chores? No. I'm lucky in that regard. But I do miss his company."

Des histoires de chez soi : un calendrier d’aventures

Par Jen Dunn,
Journaliste pigiste

Fille de soldat et épouse de marin, Stephanie Burke connaît bien la vie militaire.Suivant les traces de sa mère, elle a épousé un militaire, élevant ainsi deux enfants tout en gardant une solide présence à domicile durant plusieurs déploiements. Ses enfants sont maintenant grands et son mari, dont les années de service s’élèvent à 34 ans, sert toujours dans les forces armées en tant que capitaine d’armes du NCSM *Athabaskan*.

Les expériences de déploiement de Stephanie sont nombreuses, et elle sait que lorsque ces séparations surviennent, le partenaire à domicile doit composer tant avec les tâches prévues qu’imprévues. Bien que les difficultés soient inévitables, Stephanie s’efforçait de veiller à ce que ses enfants s’amuse. « Je créais un calendrier chaque fois que mon mari devait partir, et j’y inscrivais une aventure chaque fin de semaine, de sorte que les enfants comptent le nombre de jours

avant leur aventure, plutôt que le nombre de jours depuis le départ de leur père. » Ses efforts ont porté des fruits, car sa famille garde beaucoup d’heureux souvenirs comprennent : l’organisation de célébrations de Noël en septembre, un voyage en train à destination de Truro, une visite de la bibliothèque municipale pour assister à des spectacles de marionnettes et des samedis après-midi passés à regarder des films dans une tente installée dans le

salon. « Selon le calendrier, nous devons aller camper, et c’est ce que nous avons fait. Sans même avoir quitté la maison, nous avons tout de même fait du camping. » Ces activités ont facilité les périodes de déploiement et ont rendu ces périodes plus amusantes. « En un rien de temps, il n’y avait aucune autre aventure inscrite au calendrier et papa était rentré à la maison, sain et sauf. » Au fil des ans, la perception de Stephanie à l’égard des déploiements est devenue à la fois déten-

due et sage. « Nous vivons de cette façon depuis si longtemps, et bien que le temps que mon mari est absent soit inconvenient, c’est de loin beaucoup plus facile que ce ne l’était au début. Parfois, c’est un changement agréable. C’est toujours bien de nous revigorer en passant un peu de temps loin de l’autre... J’ai eu à être indépendante et autonome; il n’y a donc aucun doute relativement à ma capacité de survie. Mais sa présence me manque vraiment. »

Feeling lucky?

The H&R MFRC's annual Vacation Lottery Extravaganza's Lucky 13 has started. Tickets are \$120 each with proceeds supporting military families. Visit www.halifaxmfrc.ca/extravaganza, stop by the Halifax and Shearwater MFRC sites or call 902-427-7084.

Vous sentez que c’est votre année chanceuse

La loterie annuelle du CRFM Vacation Lottery Extravaganza's Lucky 13! a commencé. Les billets sont au coût de 120\$ et les fonds amassés serviront à soutenir les familles militaires. Pour de plus amples renseignements, visitez le www.halifaxmfrc.ca/extravaganza, arrêtez-vous au CRFM d’Halifax ou de Shearwater ou téléphonez-nous au 902-427-7084.

The H&R MFRC announces the Veteran Family Program (VFP)

When a CAF member makes the transition from active service to veteran status so does their family. Releasing from the CAF can be challenging, but even more so when the release is the result of a medical condition. Support is now available for medically-released veterans and their families throughout this transition. These extended services can be accessed directly from the seven participating MFRC pilot locations, including the Halifax & Region MFRC. The Veteran Family Program (VFP) will provide the following services: enhanced information and referral services, transition programs,

and access to intervention support. The VFP is extended to all medically released/releasing CAF members and their family, who medically release November 30 2014 – October 2017. For more information, please contact the VFP Coordinator at the H&R MFRC: 902-427-7788 or info@halifaxmfrc.ca.

Le CRFM d’Halifax et régions annonce le programme pour les familles de vétérans (PFV)

Lorsqu’un membre actif des FAC fait la transition au statut de vétéran, la famille en fait de même. Être libéré des FAC peut être une situation difficile, et d’autant plus lorsque cette libération est le résultat d’une condition médicale. Un soutien est maintenant disponible pour les vétérans libérés pour des raisons médicales ainsi qu’a leurs familles tout au long de cette transition. Ces services étendus sont accessibles dans les sept CRFMs participants au projet pilote, incluant le CRFM d’Halifax et régions. Le programme pour les familles de

vétérans (PFV) offre des services dans les domaines suivants : des services d’information et d’aiguillage améliorés, des services et des programmes de transition, de prévention et d’intervention. Le PFV est offert à tous les membres des FAC qui ont été libérés ou qui seront libérés pour des raisons médicales entre le 30 novembre 2014 et octobre 2017 et à leur famille. Pour plus d’informations, veuillez contacter le coordonnateurs PFV au CRFM d’Halifax et régions : 902-427-7788 ou info@halifaxmfrc.ca.

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Trident covers MARCOT, 1973

PROFESSIONALS, Doing Their Thing

Photos by Pat Hardy

Maritime Command TRIDENT, MAY 25, 1973 Page 11



MAN OF PASTRY - Sgt. Ron Keating, supervisory cook HMCS Margaree, is over part of the daily baking output of M/Corporal Ray Hynes. Ray is ship's baker in HMCS Margaree and during their Stanavforlant deployment has baked over 3,000 loaves of bread and a ton of pastry, serving as many as six types of desert at one meal.



QUINCY 38 - Captain Ray Duncan, aircraft commander of Quincey 38 a VP 405 Argus from CFB Greenwood keeps an eye peeled for submarines while on a patrol off Bermuda during the recent Marcot.



"TRY HARDER" - Sgt. Steve Bezanson, a flight engineer with crew 2, (Avis Crew) is responsible for all engine functions during flights.



GOAL TENDER - HMCS Nipigon's hockey team goal-tender Cpl. Omar Mathieu tends a different type of equipment in the boiler room of Nipigon during Marcot.




CHING FIRES - One of the most thankless but necessary jobs on a ship is fire tender. Shown above Pte. Larry Young punches a fire in the boiler of HMCS Margaree.



SUNNY BERMUDA - Sounds good to the tourists but carrying out routine maintenance on an Argus aircraft by (L-R) Sgt. Romano Baggio, Col. Lawrence Warburton and Cpl. Gordon Tyler isn't exactly their idea of a vacation.

Spirituality, prayer as elements of resilience



Padre's Corner

Padre Capt Francesca Scorsone
Resource Manager for the Chaplains, CFB Halifax

In this day and age, people find their spirituality in many different forms. Some do it in the traditional way of finding a religious denomination and community, while others prefer to find their spirituality in less conventional ways. My grandmother used to say that we are all going to the same places on different railroads, meaning that there are many different ways to reach a union with the spiritual realm.

In some ways, I think of prayer or meditation the way I think of exercise. It would be difficult to just wake up one morning and run a marathon without practice. Prayer is the same way. We have to practice being spiritual. Sometimes I don't feel like praying and I have to make a time for myself to block everything else out and concentrate on something bigger than myself. When this is done as part of a daily routine, like exercise, it strengthens our foundations for when things become truly challenging.

I once talked to a man who was dying, who said that he was

happy he had a prayer life before he got sick because he was in too much pain to pray, but the memory of that past prayer life helped him get through the days. Sometimes we are faced with so many painful events that our worldview and our understanding of the spiritual can be challenged. It is during these times that the memory of a solid prayer or meditative life can get us through the days. A solid foundation will hold us up even if we no longer have the strength to pray or meditate.

Prayer or meditation is an important aspect of resilience. This military life can be one full of stresses and difficulties that most civilians will never encounter. Our spirituality is an essential part in staying well during times of trial and challenge. Finding a way to be spiritually resilient is a long journey, so it might take a while to find what fits. There are churches and mosques, as well as synagogues and other more traditional places of worship. For those who are not inclined to that, yoga or meditation centres can help find a path that is good for you. Reading books or just taking time alone is another way of getting there. Spiritual resilience, in its many different forms, is a tool that can help military members to stay happy and fulfilled.

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Making wishes come true: MARLANT honoured for charity support



MARLANT received the Children's Wish Foundation Platinum Partner Award on January 25. From left, Lt(N) Chris Gabriel, CPO2 Patrick MacKey, CPO1 Malcolm Conlon, Cheryl Matthews, Children's Wish Foundation, Lt(N) Jason Knowles, RAdm John Newton, PO2 Jay DeWolfe, CPO1 Lee Brown and LS Mark Smith.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

By Ryan Melanson,
Trident Staff

The Children's Wish Foundation has been providing incredible opportunities for sick children in Canada since 1984, and MARLANT was recently recognized for its role in making that work possible.

Cheryl Matthews, Director for the Children's Wish Foundation in Halifax, presented the Platinum Partner award on January 25 to a group that included RAdm John Newton, Commander JTFA and MARLANT, as well as representatives from a number of RCN ships.

The Platinum Partner status recognizes contributors of at least \$50,000 to the foundation annually, though MARLANT has far surpassed that amount as a collective, with even some individual units topping that amount through their fundraising events.

"It's a big deal, because we couldn't do what we do without this partnership and other ones like it. It comes down to the crews on the ships, who have been supporting Children's Wish, raising money and raising awareness in the community about the charity," Matthews said. She noted MARLANT has been a valuable partner for the charity for more than two decades.

She specifically mentioned ships HMC Ships *Halifax*, *Fredericton*, *St. John's* and *Charlottetown* for their annual campaigns that see sailors either run or bike across the namesake provinces of their ships to raise money that will go toward granting wishes for sick children in the Maritimes.

And while those four ships were represented by crew mem-

See CHARITY / Page 10

Bell Let's Talk Day, January 27, 2015



Canadian comedian and actor Mary Walsh, of *This Hour has 22 Minutes* fame, along with RAdm John Newton, Commander JTFA and MARLANT, visited the crew of HMCS Montreal on Jan 26 to promote mental health awareness as part of the Bell Let's Talk campaign. The annual campaign raises money for mental health initiatives by encouraging open dialogue about the issue through calls, texts and social media posts. "Don't be ashamed to ask for help, talk to each other, and be kind and gentle to yourselves," the Newfoundland native told the ship's company, while opening up about her own struggles with alcohol addiction.

RYAN MELANSON/TRIDENT STAFF



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Meet your PSP Fitness and Sports staff: Tammy Barriage

By Ryan Melanson,
Trident Staff

Fitness and sports instructor Tammy Barriage first joined the PSP team on the west coast about four years ago, but almost took her career in a different path before winding up at CFB Halifax.

Having earned a masters degree in therapeutic recreation, Barriage took a job at the Halifax Infirmary upon arriving on the east coast, but said she soon felt a calling to come back to the military environment.

“There’s just such a huge promotion of quality of life here; we focus on creating that well rounded lifestyle and being active, but doing it with things that you’re passionate about.”

“We’re on both ends of that as instructors. We get to receive it, and then we also get to support it for the CAF members. That’s really important to me and that’s what brought me back here.”

Now at the Fleet Fitness and Sports Centre, she works with military men and women daily, using her therapeutic recreation background in an out of the box way, encouraging members to find the physical and recreation activities that they feel passionate about to improve their health.

She said the respectful environment that PSP staff work in, with CAF members never failing to show appreciation for their high levels of expertise, also encouraged her to come back



PSP fitness and sports instructor Tammie Barriage leads a yoga class at the Fleet Fitness, Sports and Recreation Centre.

DAVE HURTUBISE/PSP HALIFAX

with PSP Halifax. The job has also presented unique opportunities like deploying on an RCN ship; Barriage spent six weeks with the former HMCS *Iroquois* on Op CARIBBE, which opened her

eyes to the limitations and physical requirements of life at sea. “I got to be right in the action and see those busy schedules, and seasickness, and exercising in the middle of the night and all those things that create chal-

lenges. It’s all about learning what they actually do for a living and applying that to the work we do.”

Being active and living a balanced lifestyle is an important part of her life outside of work as well, with basketball being a longtime passion. Barriage played varsity in university, coached the men’s team at CFB Esquimalt, and still keeps busy playing in a women’s league in the Halifax area.

She’s also put an increased focus on yoga recently, gaining new certifications as an instructor, and said surfing also became a passion while living out west. It’s still possible to catch some waves in this region at places like the Lawrencetown and Martinique beaches, she said.

“Being physically active was something that was always ingrained in me. It’s part of the reason I started my undergrad studies with kinesiology, I was so interested in the human body and the way it works.”

She’s now considering using her education background to get more involved in the health promotion aspect of the CAF world, and is currently involved with an injury prevention program at FMFCS along those lines. Either way, Barriage said she feels lucky to work in this environment and isn’t going anywhere soon.

“We know it’s not just a regular gym and that we’re not just personal trainers. It’s truly a career to us.”

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).

COTW Curling takes place from February 8-12 at the CFB Halifax Curling Club. Play is in accordance with current Canadian Curling Association rules.

CFB Halifax will host Base Team Squash Playdowns at STADPLEX from February 9-11.

COTW Hockey is from February 22-26 at the Flyers Arena.

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.

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.

Fit at the Fleet



PSP fitness and sports instructor Lucas Hardie coaches a military member during a fitness class at the Fleet Fitness and Sports Centre in HMC Dockyard.

DAVE HURTUBISE, PSP HALIFAX

Atlantic Regional Hockey



The puck drops as teams from 14 Wing Greenwood, 12 Wing Shearwater, CFB Halifax, and Gagetown compete in the Atlantic regional hockey tournament.

14 WING IMAGING

Volunteers wanted for Nijmegen 2016

By MARLANT

MARLANT will once again participate in the Vierdaagse, also known as the International Four-Day Nijmegen Marches from July 19-22, 2016. The event, conducted annually in the Netherlands(NL), is a rigorous and prestigious event that draws approximately 45,000 marchers from 50 countries, with over one million spectators. The marches were conceived in 1909 in the NL

to increase the load carrying capability and marching speed of infantry troops. It has since evolved into the largest marching event in the world. This year marks the 100th anniversary where Canada has participated since 1952.

The marches are a physically gruelling but highly rewarding experience. The CAF contingent must complete the four-day 160 km march in combat dress, carrying a minimum dry rucksack load of 10 kg in addition to water

and extra kit. Therefore, members must be prepared and available to devote personal and military time to a rigorous training program. Members must also have a valid Force Test.

While in Europe, the contingent will participate in several Remembrance ceremonies. The first will be held before the commencement of the marches at Vimy Ridge in Arras, France. The second will take place on the third day of the marches at a Canadian Second World War

cemetery in Groesbeek, NL, where 2338 Canadian soldiers rest in peace.

An information session will be held at the Fleet Club on Wednesday, March16 at 1 p.m. for all interested personnel. An information package, training schedule, and command approval form will be available at that time. Nine personnel from MARLANT will eventually be selected for the team in addition to the designated ic and 2ic. Team selection

is based on the three pillars of fitness, participation, and teamwork

Training will commence March 25 and will be conducted continuously thereafter until deployment in July, as part of the 200-strong Canadian contingent.

Questions can be directed to the MARLANT 2016 Nijmegen team leader, CPO2 F. Patry, CFNES div cell chief at (902) 221-5098 or frank.patry@forces.gc.ca.

COTF STANDINGS																		
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Toronto	95	50				40				30						215	2nd	
Charlottetown	50	0				85				40						175	3rd	
Halifax	70	20				0				70						160	4th	
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Preserver	20	0				20				10						50	6th	
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Montreal	0	0				0				20						20	9th	
Athabaskan	0	0				0				0						0	10th	

RCN addresses quality assurance shortcomings identified in the West Coast fleet

By RCN PA

As the RCN pursues its various missions, the safety and security of personnel and the readiness of its fleet are of paramount importance. The RCN sets high standards of maintenance and performance for all of its equipment. Commenting on this issue, the Commander of the Royal Canadian Navy has made it absolutely clear that no ship or submarine will ever put to sea if an identified materiel hazard could jeopardize the ability of a ship's company to perform its duties.

In the fall of 2014, when routine RCN quality-control checks performed on board a Halifax-class frigate stationed on the West Coast found that contractor quality assurance measures of certain high-grade welds did not meet RCN standards, the navy and the Department of National Defence's Materiel

Group took action. Three Halifax-class frigates, HMC Ships *Vancouver*, *Winnipeg* and *Ottawa*, were eventually re-examined to verify the status of the welds in question, and to address noted deficiencies.

"I ordered this process be started over a year ago to fully identify the scope of this issue and to enable the RCN to definitively deal with it," said VAdm Mark Norman, Commander of the Royal Canadian Navy. Pending the results of these checks, a robust risk-based approach was applied to the decisions about continued operations of the fleet.

A total of 684 welds were re-examined in the three frigates; as a result, 16 welds (2% of the total) were identified as requiring repairs. The necessary repair work was completed as part of the ongoing Halifax-class modernization program. Following

the discovery of this quality assurance issue in the frigates, the weld problem was also suspected to exist in the RCN's West Coast submarines. A thorough period of inspections of the welds in HMCS *Chicoutimi* was ordered in January 2015, which was carried out during the submarine's regular operations schedule until December last year.

As the inspections continue this year, *Chicoutimi* will move into dry dock later this month where any required weld repair work will be done concurrently with other scheduled maintenance and upgrades. The intent is to return *Chicoutimi* to operations by the late spring of 2016. This re-inspection and weld repair work on board the submarine is being conducted under warranty by Babcock Canada Inc., the Victoria-class in-service support contractor. In the mean-

time, a re-examination of welds in *Victoria*, the West Coast fleet's other submarine, is also ongoing.

The officer in charge of managing these re-examinations is confident that the rigorous equipment standards set by the RCN will be met by these inspections and repairs:

"Dealing with the weld inspection issue on the West Coast vessels has been a very complex activity requiring diligent project management and strong commitment from everyone involved," said Commodore Simon Page, Director General of Maritime Equipment Program Management for the Department of National Defence.

"We have been working very closely with our industry partners to re-examine the welds and to undertake all necessary repairs to ensure these ships and submarines are ready for current and

future operational demands."

The Commander of the RCN agrees. "We are taking the appropriate actions to ensure our people are safe and the matter is resolved to my satisfaction," said VAdm Norman. "The silver lining here is that we have proven our quality control and oversight measures are effective – now we are continuing our work to fix the issue, an issue that is about our quality control process, not about the capabilities or the materiel state of our submarines. I look forward to seeing *Chicoutimi* back at sea in late spring."

The RCN's East Coast fleet is unaffected by the weld examination issue that has been identified on the West Coast. HMC Submarine *Windsor*, stationed on the East Coast, remains available for operations, wherever it may be called upon to serve.

Charity

continued from / Page 8

bers when Mathews visited HMC Dockyard to deliver the award, she noted that a number of land units, as well as personnel at 12 Wing Shearwater, have also been

invaluable in their support of the organization.

P02 John DeWolfe was at the presentation representing HMCS *Halifax*, and said he was proud of the capacity of the local RCN community to do good deeds and raise money for worthwhile causes.

When it comes to Children's

Wish, he said meeting the children who receive help from the organization always makes it hit home.

"We always stop at schools along the way when we do the runs, and there will often be some of the kids who have actually received wishes. You get to meet them and interact face-to-

face and see what the work is going toward. It's amazing to see what a difference it can make for a child," he said.

Mathews said those visits are a highlight for her as well, and described seeing serving men and women moved to tears by stories from children.

"It puts it into perspective. It's

not just about running for five days or biking across a province; they're actually making an impact into the lives of some very sick children."

For more information on the Children's Wish Foundation and to find out how to get your unit involved, visit

www.childrenswish.ca/en-n/

Meet your local PSP Health Promotion Services team: Joy Geizer



By Health Promotion Staff



Administrative Assistant
Qualifications
• BSc Health Promotion (in progress) – Dalhousie University
• And a bunch of other stuff that didn't come on a piece of parchment.

Personal Biography
I am an advocate for leading a healthy lifestyle by incorporating activity into my life, and always keeping my body and mind guessing. I am just as comfortable in the weight room as I am hula hooping on the Commons.

I am currently working with a great team in Health Promotion Services to support the CAF, and as a reservist with 33 Field Ambulance. I am also working on my degree at Dalhousie and supporting my community through my work with the Canadian Red Cross and Girl Guides of Canada.

As a mom of 4 kids, it has always been important to model the behaviours I want my children to adopt, including enjoying a variety of foods and making active living a lifestyle, not an activity.

As my children enter the teenage years, mental wellness has become a priority. Keeping abreast of recent developments in programs and resources for youth, CAF members and civilians has become a focus.

It is my belief that empowerment and knowledge are keys to adopting healthy behaviours. Your local Health Promotion Services office is here to help.

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RCN nursing officer helps Syrian refugees in Lebanon

By Maj Lena Angell,
Senior AO, Op PROVISION
(Lebanon)

SLt Darlene DesBarres, a native of Dartmouth, NS, is a CAF nursing officer on Op PROVISION in Beirut, Lebanon where she is assisting in the Government of Canada's commitment to resettle 25,000 Syrian refugees to Canada. Deployed since November 2015, SLt DesBarres is from 1 Canadian Field Hospital Detachment in Halifax, NS. She joined the CAF as a cook in 1986 and reached the rank of Petty Officer First Class, before taking her commission in 2009 to become an officer.

Lebanon is her first overseas deployment. Her primary role is the conduct of Immigration Medical examinations (IME) for refugee families selected for resettlement. "As the nurse on the screening team I ensure a complete

health history is obtained as well as height, weight, vision test, blood pressure and blood work is taken," said SLt DesBarres. A translator works with medical staff to assist with communication challenges as most refugees speak only Arabic.

As part of the initial arrival team, she assisted in the set up the clinic transforming an empty wing of a local hospital into a functioning clinic. Within a matter of days the centre, equipped with standard clinical equipment, was fully operational and even supports a child play area filled with colouring paper and crayons to keep young ones entertained; their art work proudly adorns the white walls.

"Growing up in Dartmouth, the importance of helping others was always part of a way of life," remarked SLt DesBarres, who lives in the community with her husband David, son Daniel, and



SLt Darlene DesBarres of Dartmouth, NS, is a nursing officer on Op PROVISION in Beirut, Lebanon where she is assisting in the Government of Canada's commitment to resettle 25,000 Syrian refugees to Canada.

MCPL DARCY LEFEBVRE, CANADIAN FORCES COMBAT CAMERA

Springer spaniel Charlie, as well as much of her extended family. "The community looked after those who were less fortunate and those who did not have plenty."

The deployment has left a lasting impression on SLt DesBarres, who considers this experience a unique opportunity. "The refugee families here are very appreciative of our efforts. They are both excited and nervous to come to a new country. The children ask if they will see snow. The families are hungry for any information about Canada that we can give them. One father told me it was his lifelong dream to visit Canada and now he will live there! They can't believe the kindness that we show them. Their stories are heartbreaking and heartwarming at the same time. Although everyone here is thankful, I am just doing what I was brought up to do; help others. I am

truly thankful that I have had this opportunity."

The CAF team – approximately 200 strong – is located in Lebanon and Jordan, assisting the Immigration Refugees and Citizenship Canada led operation, which is supported by numerous federal departments and other agencies, such as United Nations High Commissioner for Refugees and the International Organization for Migration. In addition to conducting medical examinations, the CAF has supported the operation by providing military airlift to the first two groups of refugees departing Lebanon, processing of applications, data entry and taking biometrics. To learn more visit Op PROVISION. Follow the conversation on twitter #Welcomerefugees View videos and photos: www.Forcimages.ca search Op PROVISION.

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

Health Promotion in the Canadian Forces

STRENGTHENING THE FORCES

Promotion de la santé dans les Forces canadiennes

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

- **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 WELL-BEING

stress.calm
Mar 16 - 30 (Wed), 0800-1500 hrs, Stadacona
May 27 - Jun 10 (Thurs), 0800-1500 hrs, Dockyard.

Managing Angry Moments
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
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
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

La MRC révisé les mesures de qualité appliquée aux travaux accomplis dans des navires de la flotte de la côte ouest

Par AP MRC

Dans l'accomplissement de ses missions diverses, la MRC est consciente que la sécurité et la protection de son personnel sont primordiales et que la disponibilité opérationnelle de son équipement est essentielle. La MRC a fixé des normes élevées en matière de maintenance et de rendement de l'ensemble de son équipement. En commentaire au sujet de cet enjeu, le commandant de la MRC a insisté sans réserve qu'aucun navire ni sous-marin ne prendra la mer tant qu'on a des raisons de croire qu'il existe un danger en lien avec l'équipement qui risquerait de nuire à l'accomplissement des tâches de l'équipage.

Pendant l'automne 2014, la Marine et le Groupe de matériels du ministère de la Défense nationale sont intervenus lorsque des vérifications de contrôle de qualité routinière, effectuées par la MRC à bord d'une frégate de la classe Halifax stationnée sur la côte ouest, ont démontré que les

mesures de qualité appliquée par l'entrepreneur envers certaines soudures de haute valeur n'étaient pas conformes aux normes de la MRC. Trois frégates de la classe Halifax, les navires canadiens de Sa Majesté *Vancouver*, *Winnipeg* et *Ottawa*, ont finalement été examinés de nouveau afin de vérifier l'état des soudures en question et de corriger les anomalies soulevées.

« J'ai ordonné que ce processus soit entamé il y a plus d'un an afin de déterminer précisément l'ampleur du problème et de m'assurer que la Marine royale canadienne règle la question une fois pour toutes, » a affirmé le vice-amiral Mark Norman, commandant de la Marine royale canadienne.

Parmi les 684 soudures ayant fait l'objet d'une nouvelle inspection, 16 d'entre elles (2% du total) exigeaient des réparations. Les réparations à bord des trois frégates concernées ont été achevées dans le cadre du programme actuel de modernisation de la classe Halifax. En janvier

de la même année, la possibilité que le problème existe également à bord des sous-marins de la MRC de la côte ouest a été soulevée. Pour cette raison, le sous-marin de Sa Majesté *Chicoutimi* a subi de nouvelles inspections étalées sur une longue période; celles-ci se sont poursuivies malgré les opérations régulières du sous-marin, jusqu'en décembre de la même année.

Tandis que les nouvelles inspections se poursuivent, le NC-SM *Chicoutimi* sera placé en cale sèche plus tard ce mois-ci. C'est alors que se dérouleront toutes les réparations de soudures requises, parallèlement à la maintenance planifiée, afin de minimiser l'impact des travaux de réparation et de remettre le *Chicoutimi* en service d'ici la fin du printemps 2016. Les nouvelles inspections et toutes les réparations de soudures sont menées en vertu de la garantie par Babcock Canada Inc., l'entrepreneur chargé d'assurer le soutien en service de la classe Victoria. Entre-

temps, une évaluation est aussi en cours à bord du NCSM *Victoria*.

L'officier responsable de la gestion de ces évaluations croit fermement que ces nouvelles inspections et réparations feront en sorte que les normes rigoureuses relatives à l'équipement fixées par la MRC seront respectées :

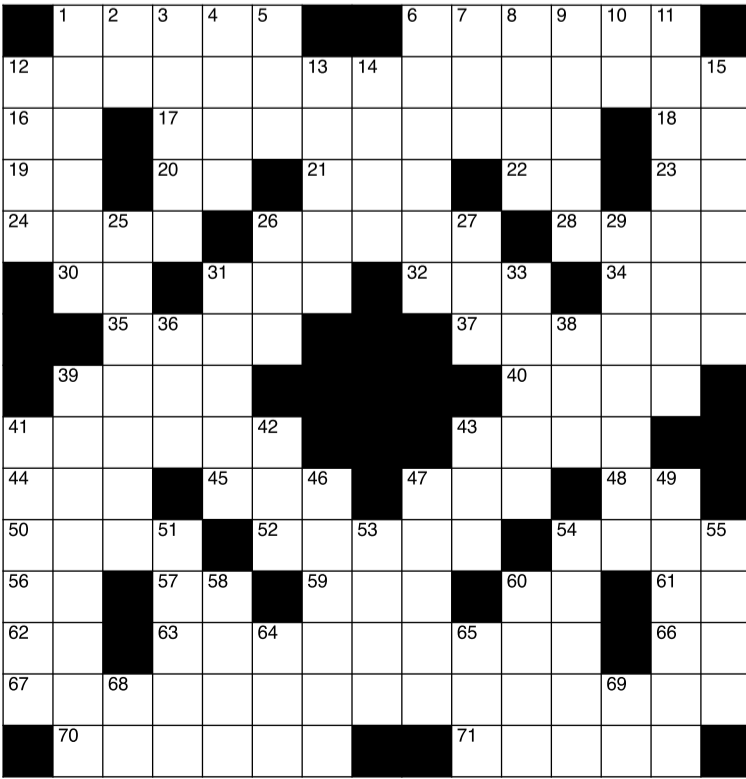
« La résolution des problèmes qu'ont engendrés les soudures à bord des navires de la côte ouest s'est révélée une activité très complexe nécessitant une gestion de projet consciencieuse ainsi qu'un engagement important des personnes concernées, » a déclaré le commodore Simon Page, directeur général de la Gestion du programme d'équipement maritime pour le ministère de la Défense nationale.

« Nous avons étroitement collaboré avec nos partenaires de l'industrie afin de mener à bien les nouvelles inspections des soudures et les réparations qui en ont résulté en vue de rendre de nouveau disponibles ces navires

et sous-marins pour les besoins opérationnels futurs.

» Le commandant de la MRC est d'accord. « Nous allons prendre les mesures que je juge nécessaires afin de voir à ce que notre personnel soit en sécurité et que le problème soit totalement résolu, » soutient le vice-amiral Mark Norman. « Le bon côté des choses ici est que nous avons prouvé que nos mesures de surveillance et de contrôle de la qualité sont très efficaces. Maintenant, nous poursuivrons le travail en vue de régler le problème; un problème qui est lié aux procédures et mesures de contrôle de la qualité, et non à l'état matériel ou aux capacités de nos sous-marins. J'ai bien hâte au retour du *Chicoutimi* en mer ce printemps. »

La flotte de la côte est de la MRC n'est pas touchée par le dossier des inspections de soudures qui a cours sur la côte ouest. Le NCSM *Windsor*, stationné sur la côte est, est disponible pour les opérations, où qu'il doive se rendre.



CLUES ACROSS

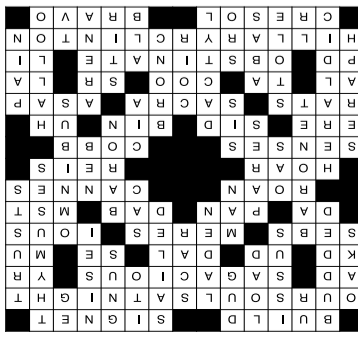
- Construct
- Seal
- Last from Kent Haruf
- A public promotion
- Acutely insightful and wise
- Yemeni rial

- ___ Lang (country singer)
- Blue Hen school
- Decaliter
- Point midway between S and E
- 12th Greek letter

- One point S of SE
- Pools
- Notes of hand
- Algerian dinar
- Metal cooking vessel
- Short poking stroke
- Mountain Standard Time
- Dark hairs mixed with light
- Hosts film festival
- Frost
- Former moneys of Brazil
- Bodily perceptions
- Baseball great Ty ___
- Before
- ___ Caesar, comedian
- Containerful
- Expression of uncertainty
- Tells on
- Bones
- As fast as can be done (abbr.)
- Singer Jolson
- Atomic #73
- Pigeon sound
- Jr's. father
- 6th tone
- Debt settled (abbr.)
- Contrary
- Chinese tennis star Na
- 44th First Lady

- Methyl phenol
 - Avid applause
- ### CLUES DOWN
- Started growth
 - Biblical Sumerian city
 - Where Alexander defeated Darius III
 - Something to be borne or conveyed
 - Removed earth
 - Traveled by water
 - Hirobumi __, Japan
 - Antelopes
 - Japanese emigrant's off-spring
 - For instance
 - T cell glands
 - Acorn trees
 - Burdened
 - Wound deformity
 - Has faith in
 - Title of honor
 - Someone
 - Pouch
 - Comprehensive
 - Separates with an instrument
 - Noble
 - US, Latin America, Canada
 - Snoot

- About heraldry
- Angel
- Female sibling
- Former OSS
- Stressed-unstressed-unstressed
- An imperfectly broken mustang
- Call out
- A long scarf
- Coconut fiber
- Scene of sports & events
- Bodily suffering
- Cloths
- A way to agitate
- No seats available
- Linen liturgical vestment
- Atomic #103
- Home screen



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