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Monday, February 22, 2016



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TRIDENT

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

Canada Post stamp remembers legacy of No. 2 Construction Battalion

By Mona Ghiz,
MARLANT Public Affairs

Guests gathered at the Black Cultural Centre for Nova Scotia on Tuesday, February 2, for the unveiling of Canada Post's new stamp that marks African Heritage Month.

The limited edition stamp commemorates the 100th anniversary of the formation of Canada's first and only all Black regiment, the No. 2 Construction Battalion, 100 years ago on July 5, 1916.

"There is so much to be told that has been buried for years. A lot of people rallied together from the community, military and Canada Post to tell this story on multiple platforms. Its rebirth is so much more meaningful, far

reaching and an inspiration to all," said RAdm John Newton, Commander JTFA and MARLANT.

Eager to serve overseas in the First World War, in 1914 African Nova Scotians were denied the right by recruiters to fight for Canada.

With pressure from politicians, the black community and decreasing manpower from casualties of war, the Militia Council authorized the formation of a segregated black battalion in 1916. More than 600 Black men volunteered for service, 300 from Nova Scotia and another 300 from the rest of Canada, the United States, and the British West Indies.

The Battalion was sent to support the front lines on the

Western Front in Europe where they constructed, repaired and maintained critical infrastructure for the protection of equipment and soldiers, built field defences and cleared terrain to enable troop movements on the battlefield.

"The #2 Construction Battalion gave validity to the service these men gave alongside their compatriots, proving that no matter what issues they had to contend with, they were there to make Canada a better place," said Dr. Henry Bishop, former curator at the Black Cultural Centre.

The courage, commitment and pride of the No. 2 Construction Battalion pioneered the way for integration in today's Canadian Armed Forces.



The Black Cultural Society / Centre for Nova Scotia, the 100th Anniversary Planning Committee, in partnership with Canada Post, unveiled a limited edition stamp featuring the No. 2 Construction Battalion. From left to right, RAdm Newton, Commander JTFA and MARLANT; Blaine Hamilton, retired naval officer; Irvine Carvery, Black Cultural Centre; Dr. Henry Bishop, former curator at Black Cultural Centre; Cyril Clayton, retired Chief Warrant Officer; Lou Gannon, Black Cultural Centre; Maj Martell Thompson, JTFA and MARLANT Public Affairs; and CPO1 Pierre Auger, JTFA and MARLANT Formation Chief.

MONA GHIZ, MARLANT PA

Exercise STEEL TITAN 16: another successful 36 TBG exercise

By Lt Felix
Odarthey-Wellington,
36 CBG Public Affairs

Soldiers stand against the back-drop of artillery guns in the vehicle bay of 1 Field Artillery Regiment in Halifax on a Saturday night, listening with rapt attention as platoon commanders outline battle plans with the aid of map models. In a few hours, they will battle "terrorists" holed up in a cavernous urban building with labyrinthine hallways, and no one wants to make mistakes.

This is the second day of Exercise STEEL TITAN 16, conducted in the HRM by the Territorial Battalion Group (TBG) of 36 Canadian Brigade Group (36 CBG) from 22-24 January 2016.

LCol Shane Gallant, Comd 36 TBG, explains that his element is 5th Canadian Division's, "domestic response capability in Nova Scotia and Prince Edward Island, and also 36 CBG's collective training vehicle." He describes the TBG as, "a robust, composite organisation" due to the diverse capabilities represented- from infantry to intelligence. The STEEL TITAN series is a company-level, combined arms simulation of real life threats that soldiers under Comd 36 TBG



Troops secure a hallway in the objective building during a cordon and search operation as part of Ex STEEL TITAN on January 24, 2016.

LT FELIX ODARTEY-WELLINGTON, 36 CBG

command might face.

Almost three hundred soldiers are participating in this year's exercise and they come from all 36 CBG units in Nova Scotia and PEI. Maj Jason Doyle, Commander of the TBG's Domestic Response Company (DRC) explains that the scenario is in an urban operations context. There are intelligence reports that heavily armed terrorists have occupied a building located in the

CFAD in Bedford, creating fear among the local population. Maj Doyle's task is, "to seize all personnel, weapons, and equipment from the objective in a cordon and search operation."

While this is a combat exercise, skill sets that participants develop are transferable to all assignments that the TBG may be given. This includes support in times of natural disasters and humanitarian crisis.

Corporal (Cpl) Connor Bray of 33 Field Ambulance (33 Fd Amb) is a Dismounted Medic attached to the combat element, providing critical medical assistance when required.

"On our own as medics, we train within our unit, but by coming on an exercise like this we get a more realistic context," explains Cpl Bray, a third-year nursing student at Dalhousie University. He points to obvious connections between his studies and his experience as a medic.

Experience is also big on MCpl Janet Hetherington's priorities for this exercise. Having recently completed her leadership training, The Nova Scotia Highlanders member welcomes the challenges of the exercise.

"We've had a 24-hour exposure going over drills and I'm confident and looking forward to the operation," states MCpl Hetherington. "I haven't done a whole lot of urban ops and it's amazing to train under people who are actually urban ops experts."

Sgt Matthew MacKay of The Cape Breton Highlanders and urban operations subject matter expert for the TBG explains that the troops spent the entire Saturday rehearsing drills and ironing out potential problem areas.

A veteran of Afghanistan and previous 36 TBG exercises, he says the exercise plan is informed by the history of contemporary urban operations and lessons from past TBG exercises.

On Sunday after the successful execution of the mission, LCol Gallant watches with grim satisfaction as his troops secure detainees after storming the objective and clearing it room by perilous room. The insurgents did not give up without a fight and the rooms are littered with shell casings. In one hallway, medics work diligently to save the life of an insurgent who simulates being badly wounded.

Overall, the Comd TBG is pleased with the results of the exercise, describing Ex STEEL TITAN as 'a good formula.'

"We did very well to hit the ground on Friday evening and operate as an integrated team for the actual scenario this morning. We have provided realistic company level, platoon level and section level combat experience," announces LCol Gallant.

MCpl Hetherington agrees, saying "If anyone is looking for exposure as far as urban ops, this is it. I got to put my training to the test and I look forward to next year's exercise."



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Research partnership to help RCN make environmental strides

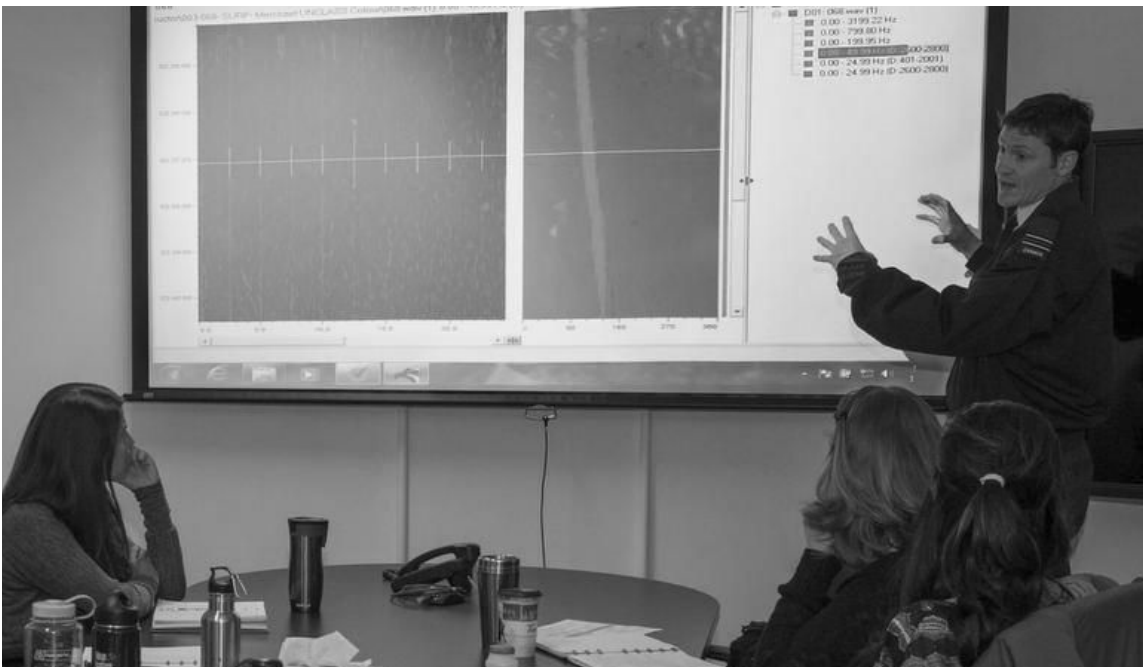
By Ryan Melanson,
Trident Staff

A new collaboration with a locally-based group of Canadian scientists could prove beneficial for RCN efforts to reduce the potential for harm to marine mammal life caused by naval sonar or radiated ship noise.

The Acoustic Data Analysis Centre Atlantic (ADAC), located at Trinity, is in the early stages of developing a relationship with the Marine Environmental Observation Prediction and Response Network (MEOPAR). Based at Dalhousie University, the group includes academics from around the country as well as representation from private sector organizations and government departments, with broad goals centred on studying marine mammal life, the challenges of a changing ocean environment and the impacts and responses to different types of marine hazards.

While the CAF members at ADAC collect acoustic data for different reasons than the scientists at MEOPAR, there are benefits to data and research sharing, as well as common goals and questions that both sides hope to answer, said Capt Dugald Thomson, a Research Officer at ADAC.

“They look at marine mammal behaviour, and one of the most



Capt Dugald Thomson speaks with civilian scientists during a presentation at ADAC(A).

interesting questions for us and for the Navy is how marine mammals actually respond to either passive ship noise or actively radiated ship noise.”

As part of efforts to be good stewards of the environment, the RCN goal is to balance the necessary sonar training and practice while minimizing the impact to Nova Scotia’s marine life as much as possible. Before that can

happen, however, more research is needed into understanding just how whales and other marine mammals react to sonar noise.

MEOPAR scientists have that type of research on their radar, and there will likely be opportunities for the RCN to contribute and help answer some fundamental questions, Capt Thomson said.

“Are whales attracted to that

ping? Do they run away from it? Do some whales react differently than others? These are questions we have. One of our core values is to respect the environment, so I don’t think it’s a stretch to say the Navy should be going the extra mile to help answer these.”

And while there are a number of ways the RCN can benefit from being a part of MEOPAR research, benefits also exist for

civilian researchers in having access to some military expertise. One of the first developments to come out of the budding partnership saw civilian scientists and researchers from MEOPAR visit ADAC in January to take part in a basic passive acoustics course.

Material is similar to what an RCN sonar operator might learn during training, though classified material has been removed, and its done with less of a focus exclusively on naval ships.

“But we are teaching them important analysis techniques,” Capt Thomson said, adding training of this type is normally difficult for civilians to access, and would likely be useful for those using acoustics to monitor marine mammal activity.

Both sides are also working toward establishing a Memorandum of Understanding that will involve research collaboration and data sharing into the future. Having a strong relationship with marine researchers could also ease security concerns as high-quality civilian sensors find their way into Nova Scotia’s waters, Capt Thomson said.

That next step is likely to happen within the coming months, and CAF representatives will also be part of a working group in February where MEOPAR members will lay out a research plan to cover the next two years.

FIS

CAF releases progress report on mission to eliminate inappropriate sexual behaviour

By DND

On February 1, 2016, the Chief of the Defence Staff, Gen Jonathan Vance, released online the CAF first progress report on addressing inappropriate sexual behaviour.

It has been almost six months since Gen Vance announced

Operation HONOUR, the CAF's mission to eliminate harmful and inappropriate sexual behaviour in the organization. The report outlines the progress achieved by the CAF in implementing the Operation HONOUR directives, as well as the 10 recommendations of the External Review

Authority, former Supreme Court Justice Mme Marie Deschamps.

Highlights of the progress report include:

- Operation HONOUR was the first step in establishing an effective strategy to bring about cultural change in the CAF, with the objective of a professional

working environment free of harmful and inappropriate sexual behaviour.

- The Sexual Misconduct Response Centre was established extremely rapidly relative to similar centres of comparable organizations, opening on September 1, 2015. Canadian

Armed Forces members who have experienced or been affected by harmful and inappropriate sexual behaviour now have access to a dedicated resource where they can be heard and supported. During the Septem-

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Report

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ber-December timeframe, 156 CAF members reached out and were supported by the centre. The Sexual Misconduct Response Centre is one of the tangible actions the CAF has taken in response to the spring 2015 External Review Report.

The commanders of the RCN, Canadian Army, RCAF, Canadian Joint Operations Command, Military Personnel Command, Canadian Special Operations Forces Command, and all other commanders subordinate to the CDS have completed awareness sessions across their organizations, as have other major CAF organizations. The intent of these sessions was to raise awareness and reaffirm the CAF's expectations of its members on this issue.

An extensive review has recently been completed across the CAF's major training and education establishments, assessing the effectiveness of current training on harmful and inappropriate sexual behaviour. This analysis will form the basis of curriculum changes and the development of a series of training tools designed to improve training and education throughout the career cycle of its members.

The CAF has contracted Statistics Canada to conduct a comprehensive volunteer member survey on inappropriate sexual behaviour to more accurately determine the scope of the problem. Statistics Canada will conduct the survey in April 2016. The results will influence a wide range of Operation HONOUR-driven activities, including a policy review and modernized training.

In September 2015, Gen Vance issued direction to create gender advisor positions at Canadian Joint Operations Command and the Strategic Joint Staff. He also directed relevant changes to joint doctrine, education, and training.

"We have only just begun this mission. Last year we acknowledged inappropriate sexual behaviour is a significant problem in our organization. Today's report shows we are beginning to see early progress. But we are still far from where we need to be. We must focus and sustain our efforts to ensure we instil the cultural change necessary to provide a healthy environment for all members," said Gen Jonathan Vance, Chief of the Defence Staff.

"We've started to implement what our members told us they needed to feel safe and supported in the Canadian Armed Forces. This report shows where we've been, where we are now, and where we are going. Change takes time, but we are committed to seeing this mission through successfully," said LGen Christine Whitecross, Commander, Military Personnel Command.

Publication d'un rapport d'étape des FAC sur l'élimination des comportements sexuels inappropriés

Par MDN

Le 1 février 2016, le général Jonathan Vance, chef d'état-major de la défense (CEMD), a publié en ligne le premier rapport d'étape des Forces armées canadiennes (FAC) sur l'élimination des comportements sexuels inappropriés.

Il y a près de six mois, le général Vance a annoncé l'opération HONOUR, soit la mission qu'ont entreprise les FAC pour éliminer les comportements sexuels dommageables et inappropriés au sein de l'organisation. Dans le rapport, on décrit les progrès que les FAC ont réalisés dans la mise en oeuvre des directives définies dans le cadre de l'opération HONOUR ainsi que des dix recommandations formulées par Madame Marie Deschamps, responsable de l'examen externe et ancienne juge à la Cour suprême pour atteindre l'objectif.

Voici quelques-uns des points essentiels du rapport :

- L'opération HONOUR a été la première mesure prise par les FAC pour établir une stratégie efficace qui produira un changement culturel dans l'organisation, et ce, dans le but de créer un milieu de travail qui se veut professionnel et exempt de comportements sexuels dommage-

ables et inappropriés.

- Le Centre d'intervention sur l'inconduite sexuelle a été inauguré le 1er septembre 2015 de manière extrêmement rapide comparé à des centres similaires dans des organisations semblables. Dorénavant, les membres des FAC victimes ou témoins de comportements sexuels dommageables et inappropriés ont accès à une ressource spécialisée qui leur offre écoute et soutien. Durant la période entre le mois de septembre et de décembre, 156 membres des FAC ont communiqué avec Centre et y ont été supportés. Le Centre d'intervention sur l'inconduite sexuelle est une des nombreuses mesures tangibles prises par les FAC à la suite de la publication du rapport d'examen externe au printemps 2015.

- Les commandants de la MRC, de l'Armée canadienne, de l'ARC, du Commandement des opérations interarmées du Canada, du Commandement du personnel militaire et du Commandement des Forces d'opérations spéciales du Canada et les commandants relevant du CEMD ont terminé les séances de sensibilisation au sein de leur organisation, comme c'est le cas pour les autres organisations de niveau un. Ces séances visaient à accroître la sensibilisation et à confirmer

les attentes des membres des FAC par rapport au problème.

- Les FAC ont récemment réalisé un examen approfondi dans l'ensemble de leurs principaux établissements d'instruction et d'enseignement dans le but d'évaluer l'efficacité de la formation en place sur les comportements sexuels dommageables et inappropriés. L'analyse dictera les changements à apporter aux programmes et l'élaboration de divers outils de formation visant à améliorer l'instruction et l'enseignement tout au long de la carrière des militaires.

- Les FAC ont conclu un contrat avec Statistique Canada, qui réalisera un sondage volontaire détaillé auprès des militaires sur l'inconduite sexuelle, et ce, dans le but de déterminer l'ampleur du problème. Statistique Canada procédera au sondage en avril 2016, et les résultats du sondage auront une incidence sur une large gamme d'activités en lien avec l'opération HONOUR, ce qui inclut une révision des politiques et la modernisation de l'instruction.

- En septembre 2015, le général Vance a publié des directives sur la création de postes de conseiller en matière d'égalité entre les sexes au sein du Commandement des opérations interarmées du Canada et de l'État-

major interarmées stratégique. Il a également précisé qu'il fallait apporter des changements pertinents à la doctrine interarmées, à l'enseignement et à l'instruction.

« Nous venons tout juste de lancer notre mission. L'an dernier, nous avons reconnu que les comportements sexuels inappropriés représentaient un problème au sein de notre organisation, et aujourd'hui, selon le rapport d'étape, nous commençons à voir les premiers progrès réalisés. Toutefois, nous sommes encore loin d'avoir atteint notre objectif. Nous devons canaliser et maintenir nos efforts afin d'accomplir le changement culturel nécessaire pour favoriser un milieu sain à tous les militaires, » a dit Général Jonathan Vance, chef d'état-major de la défense.

« Nous avons commencé à mettre en oeuvre les mesures qui, selon les militaires, sont nécessaires pour qu'ils se sentent protégés et soutenus dans les Forces armées canadiennes. Ce rapport rend compte de nos réalisations, de notre situation actuelle et de l'orientation à prendre. Il faut du temps pour changer les choses, mais nous sommes déterminés à mener notre mission à bien, » a dit Lieutenant-général Chris Whitecross, commandante, Personnel militaire.

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Jan 25
Feb 8 MFRC
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March 7 MFRC
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April 18 Battle of the Atlantic Special
May 2 MFRC
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May 30 MFRC
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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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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.

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 Devinish 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. CPO1 (ret'd) Devinish 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 CANFLTANT. For more information on this or other Tuesday Night Talks, contact Richard MacMichael at macmi-crs@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. Keynote speakers will be announced shortly. For more information, contact the Central Library's adult services line at 902-490-5710.

Racism: Black Perspectives
Time: 7 p.m.
Date: Wednesday, February 24
Location: Halifax Central Library

The Canadian Centre for Ethics in Public Affairs and The ENRICH Project are presenting a three-part series titled Racism: Black, Indigenous, and Immigrant Perspectives. On February 24, the panel will begin by examining racism from a black perspective as African Heritage Month winds down. How do we reconcile divisions created by racism; how do we directly or indirectly reinforce racism; what are our obligations to address racism; how is racism directly or indirectly manifested in our society; and how is racism holding us back? You can also watch the

event live at ccepa.ca.

An Evening with Walter Borden
Time: 7 - 8:30 p.m.
Date: Wednesday, February 24
Location: Halifax North Memorial Library

The library is welcoming honoured actor, poet, and playwright Walter Borden back to Halifax as a special guest for African Heritage Month. He will explore various topics in conversation with friends as well as share some of his own poetry. Walter Borden is a native of New Glasgow who has performed with Neptune Theatre and in many other stage productions across Canada. In 2006, he became a member of the Order of Canada. The free evening is presented by TD Bank Group.

Making the Most of Your Food Dollar
Time: 1:30 - 3:30 p.m.
Date: Friday, February 26
Location: Halifax North Memorial Library

In partnership with the Halifax Peninsula Community Health Team, this basic course will offer tips on how to make your food budget work while still eating nutritiously. Learn about meal planning, food prep, smart shopping and more. Call (902) 490-5811 for more information.

International Women's Day
Time: 9 a.m. – 12 p.m.
Date: March 8
Location: Nova Scotia Room/

Oberon Room, Juno Tower

Join your colleagues from across the local area as they participate in this celebration with the theme Women Moving Forward. Ann Divine will be the keynote speaker. Registration is from 9-10a.m.

International Day for the Elimination Of Racial Discrimination

Time: 10 a.m. – 12 p.m.

Date: March 21

Location: Canadian Museum of Immigration at Pier 21

The theme for the 2016 IDERD commemoration at National Defence is Celebration of Culture in a Diverse Canada. DVMAG is pleased to present Dr. Alexandre A. Avdulov, Assistant Professor, Department of Modern Languages and Classics, Saint Mary's University. He will give a presentation on Japanese language and culture and he will conduct a Chanoyu (Tea Ceremony). DND Transportation will be provided. Bus 1, 9a.m., pick up personnel, 12 Wing HQ, Bldg SH 251. Bus 2, 9a.m., pick up personnel, A Block, Stadacona; 9:15a.m., pick up personnel Rainbow Gate, Dockyard. Bus 1, 12:30p.m., pick up personnel and drop off at 12 Wing HQ. Bus 2, 12:30p.m., pick up personnel, drop off at Rainbow Gate, then to A Block. Please contact Dan Peppar at 902-427-1533 if you have any questions.

Defence Women's Advisory Organization offers advice, advocacy on important issues

By **Ryan Melanson**,
Trident Staff

Women play an increasingly vital role in the success of the CAF, and the 2010 documentary *Sisters in Arms*, directed by Ontario native Beth Freeman, helps bring that point home.

The film tells the stories of three women in some of the most difficult and dangerous military occupations who fought on the front lines during the mission in Afghanistan. The MARLANT Defence Women's Advisory

Organization chose to screen the film at Juno Tower recently to highlight the contribution of female soldiers to the mission and give a glimpse into their experiences, which contained the same highs and lows as their male colleagues.

"What they go through in the film, it's likely a version of that same thing is experienced by everyone who deploys, man or woman. The only thing that makes it unique is the fact that it's them and not many countries would permit women to have that

experience," said Crista-lynn Ferguson, civilian co-chair of the organization.

The film follows three female

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Defence

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CAF members, Cpl Tamar Freeman, a patrol medic, Cpl Katie Hodges, an infantry soldier, and MCpl Kimberly Ashton, a combat engineer. Each deployed to Afghanistan in 2008, living through the emotional toll of separation from young families, the reality of life in a warzone and the devastation of losing colleagues in battle.

The story spans from the difficult goodbyes at home to the

readjustment upon returning.

The successes of these and other brave women who served in Afghanistan are successes that should be credited to the CAF as a whole, Ferguson said.

“Just like the issues that affect women are all of ours, I would say the successes belong to everybody as well. When something is a success, it’s not just a success for women, it’s a success for the organization.”

And because issues impacting women should be of concern throughout the organization, Capt(N) Stephane Lafond, the group’s senior leadership cham-

pion and Commanding Officer at FMF Cape Scott, stressed that men are also encouraged to become members and contribute.

The Defence Women’s Advisory Organization is one of four Employment Equity groups that exist within the formation, each with a civilian and a military co-chair, along with a member of the formation senior leadership team who acts as champion.

They have a twofold mandate that involves being an advisory or consultative group to senior leadership on specific issues that affect women, and also to act as an advocacy group on occasion.

The group’s official mission statement is “To identify and seek resolution of any systemic issues that may be adversely affecting the full contribution that women can make towards a strong, effective and representative DND/CAF.”

The DWAO is planning events on-base centred around International Women’s Day on Tuesday, March 8, with a general interest component, including a guest speaker, as well as a separate working group specifically for senior leadership. They hope to use the day as a launching point

to identify potential new members. There is currently a core group of about a dozen members who attend each meeting.

“But the ultimate goal is to have a regular core of members, and above that to be able to establish an executive committee,” Ferguson said.

Anyone with interest in becoming a member of the organization or looking for more information can contact Crista-Lynn Ferguson at 902-721-8165, LCol Cindy MacEachern at 902-427-0747 or Capt(N) Stephane Lafond at 902-427-2622.

Federal program matches RCN with innovative new tech

By Ryan Melanson,
Trident Staff

Having access to state of the art technologies and innovative new products is crucial to the success of a modern RCN and its sailors, and the Build in Canada Innovation Program (BCIP) is helping make that happen.

Managed by Public Works and Government Services Canada, the BCIP helps companies test their late stage, Canadian-made innovative goods and services within the federal government before taking them to market.

The program was introduced in 2010 as a pilot project and was then made permanent as part of the 2012 federal budget, which also added in a component for military testing.

Purchases under the program are capped at \$1 million, but products can end up in the hands of RCN or DRDC testers much faster than through the tradi-

tional procurement process.

On February 1, Cdr Roland Leyte, Director of Naval Requirements for the RCN in Ottawa, led representatives from PWGSC, as well as from Advancing Nova Scotia’s Aerospace, Marine and Defence Industries (ADIANS), an industry group representing local firms, through a tour of some of the innovations being tested at CFB Halifax and 12 Wing Shearwater through the BCIP.

At FDU(A), the group was able to see two innovations that are currently being tested under the program.

The first, an ROV Training Simulator produced by GRI Simulations Inc. out of Newfoundland and Labrador, lets divers get more comfortable operating the RCN’s Seabotix underwater ROV in difficult scenarios. Using the same controller as the real unit hooked up to a high-

See PROGRAM / Page 6

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25th Anniversary of the Liberation of Kuwait

By Natasha (Wright) Leduc, BPAO

A ceremony commemorating the 25th anniversary of the liberation of Kuwait will be held at HMC Dockyard, NB jetty, Friday, February 26 at 10 a.m. Serving and retired veterans of OP FRICTION are encouraged to attend this ceremony, along with any other members of the Defence Team. In case of inclement weather, the ceremony will be held inside HMCS Scotian. This event will pay tribute to the great work, dedication and commitment of all personnel: military and civilian combined, to support the operation.

During Operation FRICTION, about 4,500 Canadian Armed Forces (CAF) personnel provided support to the UN in its Security Council resolutions to liberate



Visibly worn from her seven-month deployment to the Persian Gulf, which included 49 days straight at sea, HMCS Athabaskan returns to Halifax, April 1991.

DND

Kuwait, with a peak of 2,700 personnel at one time in the Persian Gulf region. CAF provided detachments of air, navy, and

land forces. There were thankfully no Canadian casualties attributable to combat or military action during the war.

Program

continued from / Page 5

powered computer, the software mimics real-world conditions as the ROV pilot navigates through a realistic underwater environment.

“The graphics and physics are very impressive,” said LS Danny Morin as he showed off the equipment. “It gives us a lot of good practice, especially using the sonars, which is very important to find what you’re looking for.”

In this case, LS Morin was looking for bodies, in a scenario modeled after the crash of Swissair Flight 111. Instructors can also build their own scenarios and alter environmental factors like speed of the current.

FDU(A) has also been trialing the SeaShot 3D underwater camera from 2G robotics out of Ontario, described as a more advanced version of technology that helped create a 3d model of HMS Erebus during the Arctic dive in 2015. Training instructor CPO2 Michael Lunn explained that some issues were found when testing the camera, such as the placement of lenses and the 24-36 hour rendering time.

Identifying such issues, however, is one of the advantages for the RCN and CAF. Cdr Leyte said working with companies to help them improve products will lead to better relationships and better equipment for the future, such as on the coming Canadian Surface Combatant ships.

“If there’s a sonar technology that we can trial previous to get-

ting those ships, we can say to the company ‘Great innovation, now we need it adapted to this type of application or we need it to do something differently.’”

ADIANS President Richard Billiard said it was impressive to see the program in action, and while there may not be any Nova Scotia based businesses involved at the moment, that doesn’t mean there aren’t opportunities, whether it involves selling directly to the RCN or to another private firm involved in the BCIP.

“Either way, there are a number of companies locally that have technology that they would like to find an end user for. With the BCIP program now moving at a faster pace and being more viable, it’s definitely a good thing for local companies that are in this industry.”

Payday loans... don’t get trapped

By Joyce Sharp, Communications and Marketing Manager, Commercial Services (SISIP Financial/CANEX), CFMWS

If for whatever reason, you are thinking of getting a payday loan, don’t!

First ask yourself: Do I really know what I am getting into? Chances are, you may not be aware of the impact this may have on you financially and this is precisely what payday loan companies are counting on.

Payday loan outlets are commonplace in most provinces and are also readily available online! In some instances, their presence borders on overcrowding. Such is the case, mentioned in a recent newspaper article*, in one of my old neighbourhoods where there are 16 payday loan outlets for nearly every 1,000 residents. Of these outlets, 8 are within 1000

meters of each other; that is 24 times the national average.

Payday loans are small loans of \$1,500 or less. Some people may not see the harm in borrowing what they perceive as fast and easy cash for a couple of weeks, then reimbursing with their next pay. Others might feel too embarrassed to reach out and ask for legitimate financial assistance. The fact is, these payday loan companies prey on the desperation of individuals, under the guise of offering a quick and easy fix to their financial woes.

Is this really a viable solution? Are you aware of the impact this will have on you and your family and do you know the interest rate you are being charged? Actually, there is no upfront mention of interest rate, no disclosure of the additional fees or charges you may incur upon borrowing, rather, a given dollar amount as cost for the amount you are borrowing.

Canada’s criminal code caps annual interest rates at 60%. However, depending on the province, payday loan companies can charge quite staggering rates because of the way they calculate the cycles. In Ontario, for example, the provincially regulated payday loan business is allowed up-to a confounding 600% annually, in addition to fees/sur-charges.

Calculating the annual interest rate for borrowing as little as \$300 is a sobering experience; it will make you think twice about even contemplating this as a means to obtaining short term credit. Consider the following example: for a loan of \$300 the cost of borrowing is \$63 (\$21 per \$100 advanced for 14 days) with a total payback amount \$363. Here is how you can calculate the



LS Danny Morin demonstrates the Seabotix ROV in the pool at FDU(A) on February 1.

MCPL ALEXANDRE PAQUIN/FIS

See PAYDAY LOANS / Page 7



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African Heritage Month 2016

Army Sergeant hopes ancestor's story will inspire others

By Ryan Melanson,
Trident Staff

When Sgt Phillip Safire joined the Canadian Army in 2003, there were a number of factors in his decision. His parents had instilled in him the idea of an honest day's work for an honest day's pay, and a desire to help others and give back where possible, but there was also a historical element at play.

"There was also that family military background. It was always in the back of my mind," he said.

Sgt Safire, an intelligence operator by trade, is the great-great-great-nephew of PO1 William Hall, VC, the first RN member of African descent, as well as the first Nova Scotian, to receive the Victoria Cross in 1859.

The son of slaves, freed by a British frigate during the war of 1812, Hall enlisted in the Royal Navy in 1852, leaving behind a budding merchant navy career in America, partly to pay back a debt he felt to the British for the rescue of his family.

The most prominent aspect of William Hall's story, for which he was awarded the VC, comes from the Indian Rebellion of 1857, during the Relief of Lucknow. A member of one of four gun crews tasked with breaching the walls of the mutineers' fortification, Hall continued to load and fire the 24-pounder under heavy rebel fire, and while numerous colleagues fell beside him. Only Hall and one other Lieutenant were left standing after the battle, credited with opening up the wall and allowing British soldiers to scramble through.

It's a spectacular story, and one that Sgt Safire said was shared among his family when he was a child. He recalled hearing the

stories from older relatives alongside his siblings and cousins, though never in school or from textbooks.

“But it’s hard to get a good appreciation for it when you’re just a child, hearing the phenomenal stories of what this man had done,” he said.

“When you get a little older and start to look into things you do realize ‘Hey, this is really significant and something to be proud of and something people should know about,’ and you wonder why more people don’t know the story.”

Sgt Safire has made efforts to share that story himself. As a member of the Defence Visible Minority Advisory group, he's spoken to students and other groups to relay the story of Hall and of other black military members, like the No.2 Construction Battalion, the focus of this year's African Heritage Month.

But with the news in 2015 that one of the new Arctic/Offshore Patrol Ships will be named HMCS *William Hall*, Sgt Safire said the story is sure to reach

even more people and spread beyond just the military community.

He said he's also encouraged that a naval hero of African descent was chosen because it shows a willingness to diversify Canadian military history, and to shine a light on stories that haven't always received the same attention.

And while it's important for today's CAF members of African heritage to have historical icons to look to for inspiration, Sgt Safire expressed his belief that any CAF member can take lessons from Hall's story of remarkable service and bravery. At the same time, he added, the story cannot be fully told without the context of the era, in a time when being black meant being treated, at best, as a second-class citizen.

“For him to be recognized and considered for such a medal really speaks volumes in terms of his performance and what he did.”

Sgt Safire also draws attention to the fact that Hall retired to obscurity after his service, with



Sgt Phillip Safire, the only serving military relative of POI William Hall, is seen in the Panjwayi district of Afghanistan during a past deployment.

SUBMITTED

few knowing his name, and he was originally buried in an unmarked grave without military honours.

But as HMCS *William Hall* is eventually built, commissioned and sent to sea, many more RCN and CAF members will have the opportunity to draw from Hall's story, just as Sgt Safire and oth-

ers have done for years, as both a tale of military courage and a reminder of how far the CAF has come in treating all citizens with the respect they deserve.

"We've come so far, and things are better, but we're still moving toward a brighter day, and to do that we need to remember where we came from," Sgt Safire said.

Payday loans

continued from / Page 6

annual interest rate they are charging:

1) $\$63 / \$300 = 21\%$ interest rate for 14 days

2) $21\% \times 26$ (# of 14-day periods per year) = 546% rate of annual interest!

There you have it: you think it is just \$63, but if you fail to reimburse by the 14-day deadline, your \$300 payday loan could potentially cost you \$1,638 in annual interest, not including the additional administrative costs. Still think this is a fast and easy option?

Don't fall into the payday loan trap. Instead, seek out the free and confidential advice from one of our SISIP Financial advisors. We understand the military lifestyle, know the financial challenges you face and the many reasons your finances may become strained. Our mission remains... to enhance the financial health and security of the members of the CAF community. So, rather than making your financial situation worse by resorting to payday loans, or what you may think is a quick fix, reach out to us. Resources and tools designed for CAF members and their families are available online in our Learning Centre at www.sisip.com.

For more information on payday loans, their actual rates and predatory practices, visit the Financial Consumer Agency of Canada (search for payday loans): <http://www.fcac-acfc.gc.ca>

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• Source: OTTAWA CITIZEN, December 21, 2015

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African Heritage Month 2016

African Nova Scotians at War

By Peter Duffy,
Media Relations. Army
Museum Halifax Citadel

African Nova Scotians were every bit as eager as their white brethren to fight for their country during the First World War. Sadly, they had another battle to overcome before they were allowed to don the King's uniform - the one against racial prejudice. Overcome it they did, and hundreds went on to serve honourably with the Canadian Expeditionary Force in Europe as members of No. 2 Construction Battalion. Raised in Nova Scotia, this outfit was the only predominantly black unit in our nation's military history and the only one to have served Canada in the First World War.

The contribution made by the No. 2 Construction Battalion to Canada's 1914-1918 war effort is featured in the largest exhibition ever to be mounted by the Army Museum Halifax Citadel. The exhibition, *named The Road to Vimy and Beyond*, runs until November, 2018, and honours the role that Canada, especially Nova Scotia, played in the Allied victory in 1918. The event is second only in size to that mounted by the Canadian War Museum in Ottawa. In addition, the Army Museum Halifax Citadel has upgraded its Second World War displays to commemorate the 75th anniversary of that conflict.

When Canada entered the First World War, there was no official policy on admitting African Canadians into the Army. The decision was left to each unit's



During their centenary year in 2016, the men of No. 2 Construction Battalion, shown here in a photo taken in November 1916, will be honoured for their courage and tenacity.

ARMY MUSEUM, HALIFAX CITADEL

commanding officer and while some units - like the 106th Battalion, Nova Scotia Rifles (Truro) - were open to all races, many more across Canada were not.

By spring of 1916, Canada's flow of volunteers for military service was drying up alarmingly. Bending to pressure from the nation's black community, the Militia Council authorized the formation of a black construction battalion to be headquartered in Nova Scotia, home to Canada's largest black community. Command of the battalion was given to Lieutenant-Colonel D.H. Sutherland of River John, N.S., and the officers were white, with one exception. That exception was the unit padre, Capt the Rever-

end, William A. White, who made history as the first - and only - black commissioned officer in the British Empire during the war.

The No. 2 Construction Battalion was never intended to be an actual combat unit because the nation's black population wasn't large enough to sustain an infantry battalion.

Instead, the volunteers' duties would revolve around logging, milling, repairing infrastructures such as roads, and ensuring water supplies were maintained.

More than 500 members of the Nova Scotia's black community stepped forward to serve with No 2 Construction Battalion, along with 165 African American vo-

lunteers.

The unit assembled in Pictou but then transferred to Truro because there was more barrack space there. Early in 1917, the men were dispatched to New Brunswick to help lift rails from the Grand Trunk Railroad so they could be shipped to the Western Front battlefields in Europe. Here again, the No. 2 Construction Battalion made history as the only volunteer unit to engage in war-work, before actually shipping overseas.

The battalion, with 19 officers and 605 men, finally sailed for England in March 1917 and, some weeks after arrival, it was sent on to France. Because of its relatively small size, the battalion

was downgraded to company status in May 1917, and attached to the Canadian Forestry Corps. The volunteers found themselves harvesting trees in order to create the boardwalks, trench shoring, crates and countless other wooden items needed by the Allied armies at the Front. Even though it wasn't involved directly in combat, some volunteers were killed and others wounded by artillery fire, poison gas and construction accidents.

Hostilities in Europe ended in November 1918, and the No. 2 Construction Battalion returned to Canada several months later. The unit was officially disbanded in September 1919.

In 1992, the Government of Canada designated the No. 2 Construction Battalion an event of national historic significance and, the following year, a commemorative plaque marking this honour was placed in Pictou.

In its day, the No. 2 Construction Battalion was a testament to the determination of African Canadians to serve. Its creation made history, although not necessarily for the right reasons, given that it was the first - and last - segregated black Canadian Army unit. In August, 1917, Ottawa introduced Conscription. From then on, it didn't matter what your race, creed or colour; if you were of age and in good health, you were obliged to don the King's uniform. By the end of the First World War, in addition to No. 2 Construction Battalion, more than 2,000 African Canadians served their country proudly.

RAdm Newton invites members to commemorate Black History Month

By JTFA PA

Commemorative events are being held throughout the month to highlight key milestones and courageous accomplishments of those who helped shaped Canada's Black History and the 100th Anniversary of No. 2 Construction Battalion, Canada's first and only black battalion in Canadian military history.

"Black Canadians have a long history of service in the armed forces. I encourage all Maritime Forces Atlantic members to take the opportunity to acknowledge the history and celebrate the achievements and contributions of Black Canadians," said RAdm John Newton, Command MAR-LANT and JTFA.

Already attending a number of memorable events himself this month in honour of Black History, RAdm John Newton com-

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African Heritage Month 2016

History

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memorated the unveiling of Canada Post's limited edition stamp at the Black Cultural Centre on February 2 and will be celebrating with black community leaders on the many contributions of people of African descent at upcoming events.

The CAF recognize the important achievements and contributions our black Canadians have made to society and encourage all members to use the information shared this month to garner a greater appreciation of their impact on Canada and its military.

African Heritage month events

By Mike Bonin, BPAO

Defence Team members are invited and encouraged to attend the following events in support of African Heritage Month. All events are free except where stated.

Tuesday, February 23: Workplace Discrimination: The lived experience sharing the lived experience of issues of discrimination in the work place with a panel discussion on how to cope

with the experience and take action, and how we all can provide support. 6 p.m., Dalhousie University.

Wednesday, February 24: Candid conversations about the impact of racism in Nova Scotia: Black perspectives- this event will focus on the impact of racism on Black people in Nova Scotia. Panelists will offer diverse perspectives on the diverse ways in which racism manifests and impacts the lives of Black

people in this province - socially, economically, politically, and historically. 7 p.m., Halifax Central Library, Paul O'Regan Hall.

Saturday, February 27: The 18th Annual African Nova Scotian Music Association Award show and African Heritage Month closing gala. We are pleased to bring awareness to the 2015-2024 International Decade for people of African descent. As we close the African Heritage Month celebrations, the theme

for African Heritage Month 2016: The Black Battalion Legacy of Commitment – "They Fought to Fight", we will be honouring the 100th year anniversary of the NO. 2 Construction Battalion. They will be honoured in music, spoken word and video. 6:30 p.m. World Trade and Convention Centre 1800 Argyle Street Halifax; cost is \$45.00 per ticket. For information contact Lou Gannon 902-223-5966 or Judy Sparks 902-404-3036.

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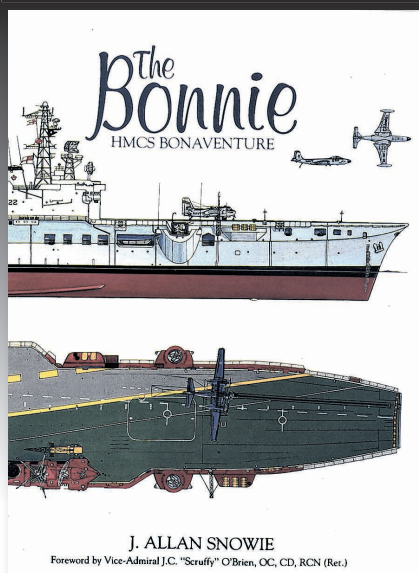
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African Heritage Month 2016

No. 2 in First World War: not a love story

By Capt (ret'd) George Borden

In as much as there is very little record of No. 2 Construction Battalion CEF-First World War beyond date, place and time, compounded by the absence of any No. 2 member still alive today, all that we presently read about The Black Battalion is laden with assumption, conjecture and speculation. Not at all conducive to complete and correct military history reporting.

There is an old African proverb that says in part, “that until the lion tells the safari story, the hunter will always be the hero.” Such was the case of the Black Battalion story until the late Calvin Ruck offered a very different story from a Black perspective. Suddenly, all those feel-good stories by bureaucratic recorders become questionable fables at best, and Canada’s best kept military secret was exposed.

At the recent press conference and stamp release event at the Black Cultural Centre in Dartmouth, I overhead someone questioning the considerable pomp and ceremony surrounding No. 2 so many years after they had made their contribution. And, I wondered, do they really understand the significant impact of that single experience upon every succeeding generation of coloureds/Negroes/Blacks since then?

Clearly, their bold and brazen insistence of equality to serve

defined a new era in equal rights in Canada. Of course, that realization would only be recognized by those who “fought to fight” and their descendants. The old adage to walk a mile in another’s shoes is a tried and true life guide. So, it is that today’s Blacks, yesterday’s coloureds, are so into the Black Battalion Centennial Celebration Year 2016 and why they have for the past quarter century congregated at the Pictou Nova Scotia Harbour Wharf to commemorate No. 2. This year is all the more significant to realize that it was one-hundred years ago that the barrier of rejection was partially dismantled, leading to a noticeable reduction in segregational attitudes in Canada.

But let us not be content to know that finally coloureds could enlist in Canada’s Expeditionary Force as of 1916; as there was a rider attached. No. 2 Construction Battalion had to be segregated (Blacks only) except for the leaders, the officers. They had to be white. Why? There were no Black officers anywhere in Canadian military uniform.

Well, right away there was a problem of filling those commanding positions with men willing to accept and at the same time be of suitable character to fulfil such a unique assignment. Fortunately, a champion was found in the person of LCol Daniel Sutherland, Commanding Officer, from right here in Nova Scotia (River John, Pictou County). His invaluable guidance

in securing an officer cadre of 17 promising leaders of men, resulted in a match of considerable success.

However, there were yet mountains to climb and rivers to cross, as evidenced by lack of logistical support, such as uniforms, rations, suitable billets, and the like. Seems as though No. 2 was always last on the list.

Then when it came time to cross the big pond (Atlantic Ocean), it was felt that No. 2 would not be welcomed on the same troop ship with white units. Hence, a special arrangement.

Between advanced field training in England, and deployment to France (the theatre of war) a shortage of enlisted coloured soldiers, resulted in a reduction of unit identity, from a battalion down to a company, accompanied by a simultaneous reduction in rank of the Commanding Officer from LCol down to Major. Both reductions would clearly have a negative impact on the morale of men and officers. However, they were used to setbacks, and carried on.

No. 2 functioned efficiently and affectively in the semi-segregated French forest locations, where they hewed great trees, milled railway ties, dug trenches, created embankments, assisted in road and bridge creation and maintenance, managed water supplies, and basically laboured long days and extended weeks of uncomfortable and sometimes hazardous conditions.

It struck me funny to learn that

even in the military justice system, there was a segregation rule, which required coloured detainees to be jailed in stockades separate from whites (smiles).

With hostilities ended, it was a surprising long period before No. 2 were repatriated and subsequently released from the service. In fact, it was 1920 (two years after the cessation of war) before they were all out.

You would have thought that they would return to a better environment and experience than that which they left. Not so! Nothing had changed. They were still second-class citizens, notwithstanding that they were veterans, being treated with the same disrespect as before 1916.

For succeeding generations, the depression 30s, the war-torn 40s, the homeland violent 60s, right up to the present day, Blacks continue to endure racism, bigotry and segregation, albeit to a lesser extent, but to some degree nevertheless.

It is comforting however to see the giant leaps forward in the military with respect to equality, transparency and opportunity, as evidenced by the technical and challenging duties blacks now experience, and the coveted ranks they now hold. The glass ceiling previously limited to corporal (maybe sergeant) has been shattered, allowing all those with the ability and knowledge to attain the rank of Chief Warrant Officer, the highest non-commissioned rank. As well, Blacks are engaged in all military professions and at unprecedented rank levels. Bravo Zulu!

Capt George A. Borden is a retired RCAF officer and presently a member of the Black Battalion Centennial Committee 2016.

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Halifax women, Gagetown men heading to CAF hockey nationals

By Sara Keddy,
Managing Editor, The Aurora

The Greenwood Gardens hosted high-level hockey January 25 through 29, as 14 Wing Greenwood hosted the annual men's and women's CAF Atlantic hockey regionals.

Men's teams included 12 Wing Shearwater, 14 Wing Greenwood, Halifax and CTC Greenwood. On the women's side, it was 14 Wing Greenwood, CTC Gagetown and Formation Halifax.

After opening ceremonies January 26, 12 Wing and 14 Wing's men's teams opened the action, with 12 Wing winning 5-3. Later, Gagetown beat Halifax 6-3. January 27, Halifax lost 7-3 to 12 Wing, and Gagetown beat 14 Wing 6-1. In the last game of the day, Halifax beat Greenwood 6-2. Finally, January 28, Gagetown beat 12 Wing 11-7. The men's semifinal pitted Halifax against Shearwater, ending in a 5-4 overtime win for Halifax. In the men's final, Gagetown beat Halifax 3-1.

On the women's side, January 26, Formation Halifax beat 14 Wing 7-5. January 27, 14 Wing lost 3-2 to Gagetown. January 28, Halifax beat Gagetown 5-3. The women's semi-final saw Greenwood defeat Gagetown 3-2 in overtime. January 29, the Greenwood women lost the final 4-1 to Halifax.



The Shearwater Flyers (white and grey) met the Gagetown Warriors (burgundy) during the men's Atlantic Regional hockey tournament, held at the 14 Wing Greenwood January 28. Gagetown won 11-5.

1-5. CORPORAL J.
KUSCHE. 14 WING IMAGING



The Greenwood Raiders (blue and white) met the Gagetown Warriors during the women's Atlantic Regional hockey finals, held at 14 Wing Greenwood January 29. Gagetown won the regional title 4-1.

4-1. CORPORAL J.
KUSCHE. 14 WING IMAGING

Bubble soccer spices up COTW sports

By Ryan Melanson,
Trident Staff

Things may have looked a little chaotic on the STADPLEX gym floor on January 29, with a number of people wearing colourful bubble suits frantically running into each other in pursuit of a soccer ball. It was the first Cock of the Walk bubble soccer tournament, and the gym was packed with participants ready to test their skills.

The game has its origins in Europe, and has begun spreading through North America in recent years. It generally follows the rules of indoor soccer, with a few tweaks, and with each competitor wearing a large inflatable globe that covers the arms and upper body. Collisions are inevitable as players rush for the ball and bounce off each other around the gym.

STADPLEX Fitness and

Sports Coordinator Jon Berg said introducing a sports that's a bit out of the ordinary can go a long way in encouraging members to sign up for a COTW activity and fit some physical activity into their day. The gear came via Bubble Soccer Halifax, a local company that rents the equipment out to sporting groups.

A number of teams registered for the single-day tournament, and units had to be restricted to one team each due to the large demand. While winter weather ended up closing base facilities early for the day, the best performances from the morning were used to establish final results for COTW points.

Results were:

First place – Team BLog/
RPOU(A)

Second Place – Team CFNOS

Third Place – Team 5th Canadian Division



COTW teams took to the STADPLEX gym on January 29 for a single-day bubble soccer tournament, with team BLog/RPOU(A) coming away with the top scores.

RYAN MELANSON/TRIDENT STAFF



Mariners win regional Old Timers' Hockey

The Halifax Mariners took the gold with a final score of 6-0 as the undefeated champions against the Gagetown Warriors, leaving them in second place. Winning this competition secures the Mariners' place in the National Championship being held in March 2016 at CFB Esquimalt. A full round-robin tournament was held among four teams from 14 Wing Greenwood, CFB Halifax, CTC Gagetown and 12 Wing Shearwater. Members (not in order of photo): Maj Laaouan, PO1 Turgeon, SLt Simmons, Cpl Walcott, LCdr Carpentier, LCdr Pellerine, MS Chambers, CP02 Lockie, PO2 Norman, PO2 Sanford, WO Sturge, MCpl Rockwell, Capt Saweczko, CP02 Collett, PO2 Goodwin, MWO McDowell, PO2 Reid, PO1 Thompson, PO1 Brown, and PO2 Wells.

CPL JENNIFER CHIASSON, 12 WING IMAGING SERVICES



NCSM *Ville de Québec* competes in ice canoe race

Members of NCSM Ville de Québec's ice canoe racing team cross the finish line of the Québec Carnival Ice canoe race on February 7, 2016.

MCPL JONATHAN BARRETTE CANADIAN FORCES COMBAT CAMERA

[illegible]

Meet your PSP Fitness and Sports staff: Jon Berg

By Ryan Melanson, Trident Staff

Fitness and Sports Coordinator Jon Berg has been a part of the PSP Halifax team for more than 10 years. He's worked at all three CAF gyms in the area, as a fitness and sports instructor, as the region's very first physical exercise specialist, and now in his current administrative role at STADPLEX.

He hasn't always been as sports-minded as he is today, however. As Berg describes it, he was obese growing up, before losing weight and then spiraling into an eating disorder, threatening his health as a teen. When he was 16, he decided it was time for a change.

"I wanted to put on weight, but I wanted to do it in a healthy way. That's when I started looking into exercise and got really serious about my fitness."

Originally from Montreal, Berg earned a degree in kinesiology from McGill University before he and his partner, a Dartmouth native, decided to move east.

His formal education and his personal passion for fitness brought him to PSP, but what's kept him around has been the opportunity to take that passion further, transitioning into new roles within the organization and receiving additional training along the way.

"We're always moving forward in terms of the education of the employees and what we can offer," he said, adding that the gym atmosphere, one that differs from the sales-oriented approach of civilian fitness jobs, allows the team to always do the best work possible.

"This is customer-service related, we're really out here to

improve the health and wellness of the military members as much as we can."

Berg said he's also grateful for the many great people he's met through CAF sports, including some of his best friends, and said memories like coaching slo-pitch softball and ball hockey teams at CAF nationals will last a lifetime. And even after 10 years, new opportunities keep arising; he travelled to the UK just last fall as an athletic trainer in support of the first International Defence Rugby Competition, a tournament involving the militaries of 10 different nations.

And while he gets enjoyment out of supporting the men and women of the CAF, Berg also makes community service, both locally and internationally, a large part of his life.

He's been on the local board for the CIBC Run for the Cure, has worked with the local Christmas/Yule Warmth for the Homeless campaign, and has also become a team leader with Habitat



PSP Fitness and Sports Coordinator Jon Berg sits in his office at STADPLEX underneath autographed photos of Buffalo Bills greats, a small sample of his collection of memorabilia from his favourite NFL team.

RYAN MELANSON/TRIDENT STAFF

for Humanity's Global Village program in recent years.

Berg has even started his own non-profit, dubbed Berg's Buddies, which has so far held a winter clothing drive and a drive

for personal hygiene products.

He plans to keep it going and continue to help out small charities and local events as much as possible.

"I just like to help out and contribute where I can. It's actually addictive, once you to start to see the difference you can make."

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Fitness and sports updates

By Trident Staff

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

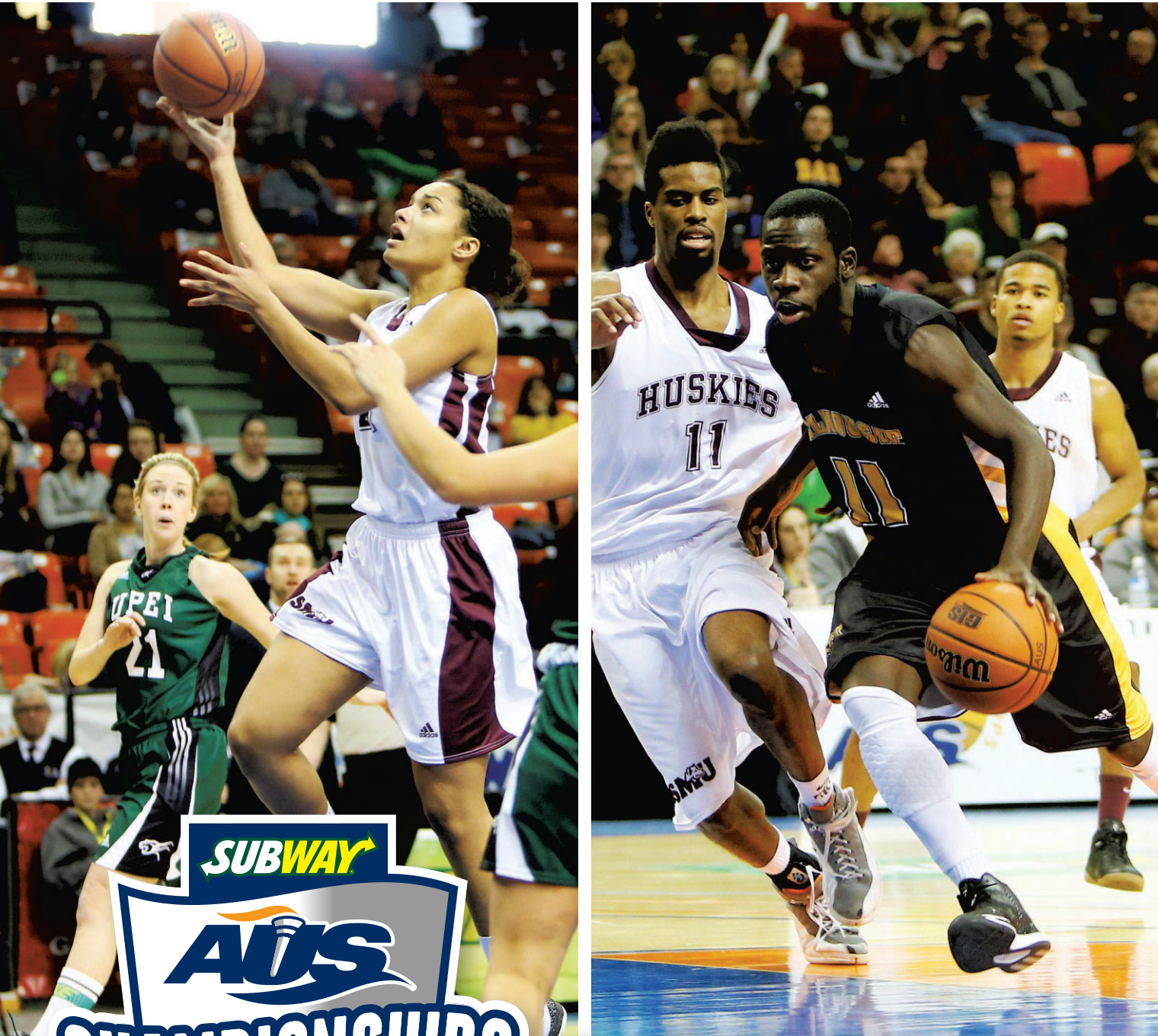
FORCE FAMIL is on Friday, February 26 from 8:30 to 9:30 a.m. at the Fleet Fitness and Sports Centre. This is your opportunity to become familiar with the new Fitness for Operational Requirements of CAF Employment (FORCE) in a relaxed atmosphere. Participants also will be able to complete a portion of the FORCE evaluation.

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.



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Humans in uniform



Padre's Corner
By Padre Lt(N) Corey Pickens
CFB Halifax

In the summer of 2010, photographer Brandon Stanton set out on an ambitious project: to single-handedly create a photographic census of New York City. Armed with his camera, he began crisscrossing the city, covering thousands of kilometers on foot, all in his attempt to capture ordinary New Yorkers in the ordinary moments of life. The project soon evolved, however, when Stanton started having conversations with his subjects and including small quotes and stories alongside his photographs. The result of these efforts was the blog *Humans of New York*. It has

since taken a prominent place on social media with over 15 million likes on its Facebook page and over 300 000 twitter followers. Closer to home, a maritime regional spinoff of this social project is the emergence of *Humans of Fredericton*. It too, is a photo-collection of ordinary people doing ordinary things, sharing their stories. There's the story about the self-conscious teenager who is exploring her social fears and self-confidence issues. There is the 20-something street performer with an invisible disability, but he's not about to let it stop him or slow him down. There is the guy out on a run who reveals that he has dealt with severe anxiety issues most of his life. His progress was gradual, but it remains a constant struggle. He states, "If you

wanna go upward, you gotta deal with the hill. Fortunately for me, I love hills!" As you read these stories of ordinary people, you realize that we are surrounded by people who are dealing with all kinds of struggles. Military members are certainly not immune. The uniform may bring a degree of uniformity; however, we are still very uniquely human. We wrestle with physical, social, mental and spiritual issues. We may look ok, but in reality we can be a mess. Most of us understand the importance of standing together, supporting each other, and having each other's back. What better reason do we need to simply be kind to each other? John Watson, a Scottish author and theologian is credited with the quotation, "Be kind. Everyone is fight-

ing a personal battle." Being kind is important. Christians believe this is a fundamental attitude and action taught and demonstrated by Jesus Himself. Often referred to as the Golden Rule, the Gospel of Matthew (7:12) records the words of Jesus: "Do to others whatever you would like them to do to you..." Essentially, it says take the initiative, be kind, just do it. We don't realize how important it is to simply connect and be kind to each other. As LCol Suzanne Bailey, a CAF senior social worker comments, "All of us, in our day-to-day lives, see people and say 'how are you?' Too often, we don't actually listen for the response or take the time to stop and let the person know that we really, genuinely want to know how they're doing. So I think it's

about taking that pause and really connecting with people, because it's when you spend time with them and listen to them, that they feel that they have that opportunity to be honest and connect with you." Consider how you can live kindness, or at least be as kind as possible when dealing with someone who's had a rough day. And when you think about it, aren't most days fairly rough for the average person? We are humans in uniform. Let's be kind to each other. You may never know what effect your kindness has made to someone fighting a personal battle. References: Humans of New York Facebook page, www.facebook.com. Retrieved January 24, 2016.

Meet your local PSP Health Promotion Services team: Harold White



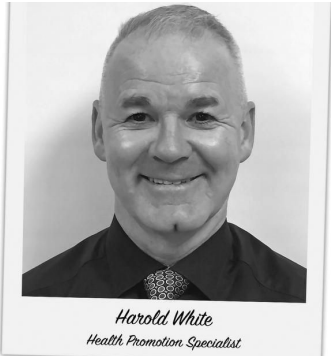
By Health Promotion Staff

Health Promotion Specialist
Qualifications:
BSc Kinesiology
Bachelor Business Administration
Applied Suicide Intervention Skills Training (ASIST)
Trainer
Personal Biography:

"Henderson has scored for Canada!" It was during this historic Summit Series of 1972 that I became fascinated with the physical conditioning of the human body. This historic event, combined with a most impactful statement from a mentor of mine that stated "People have to know you care before they care what you know" set the scene for my lifetime passion of physical and mental health, the science of behaviour

change and caring about people. I feel completely fortunate to have found a calling rather than a job. I do not recall a time in my life that I have not lived actively and am most interested in helping anyone start that same journey. I refuse to live an unfulfilled life and want everyone to read *Free Days with George*, tend a garden, spend time in the presence of a three-year-old, and take nothing or anyone

for granted. As a ferocious reader of health, sport science, leadership and spiritual growth, I feel privileged to have the opportunity to share of such information with people interested in starting a behaviour change journey toward an enriched form of living. My goal is to die young as late as possible. If you want to do the same, take time to register for our programs and services.



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
• **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
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
Apr 7 - May 5 (Thurs), 0800-1100 hrs, Shearwater.
Inter-Comm (Interpersonal Communication)
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
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
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 Promo-

tion 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
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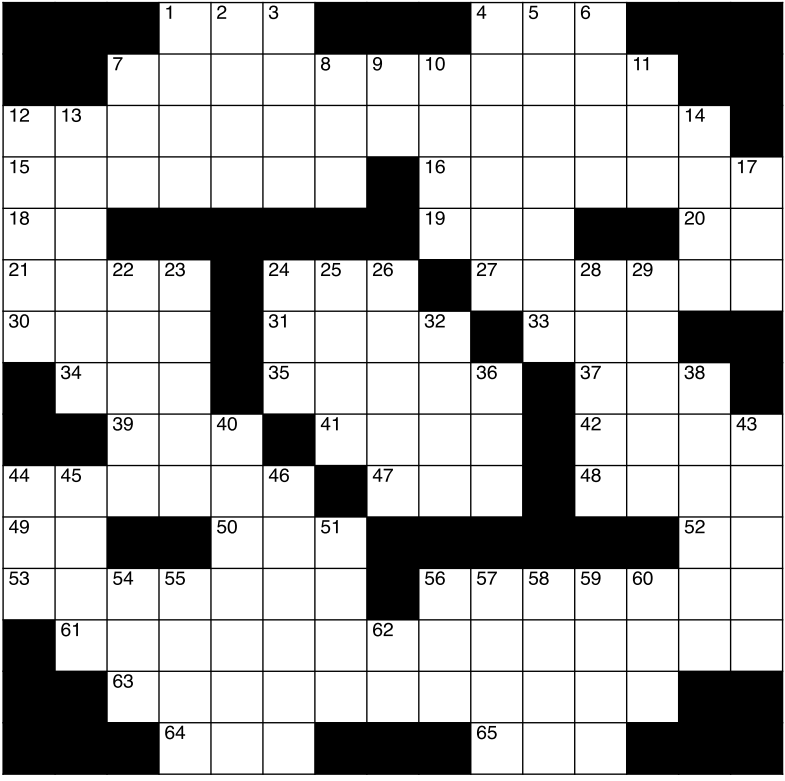
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- U.S. Revolutionary Adams
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- Adventure stories
- Swedish krona
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- Thyrotropin
- Axe killer Lizzie
- Solomon Islands capital
- Eerie

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- Grand __, vintage
- Cognizances
- Hair product
- Iranian monetary unit
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- Jeopardy's Trebek
- Small amount
- Atomic #44

