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Monday, April 4, 2016



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# TRIDENT

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## Naval communicators: Not your typical geek squad

By Lt(N) Blake Patterson,  
Op CARIBBE PAO

The success of the Royal Canadian Navy depends on effective communications as much today as it did in 1805.

When Admiral Horatio Nelson at the Battle of Trafalgar told his fleet, “England expects that every man will do his duty,” he did it by first telling his signalman to hoist flags for the other ships in the fleet to see. And it was the signalmen on those other ships who deciphered the meaning of those flags to let their captains and crews know what Admiral Nelson wanted.

Today communication at sea relies more on satellites than flags, but the fundamental role of the naval communicator remains crucial to the ship’s operational effectiveness. The naval communications section on HMCS *Summerside* is one of the smallest on the ship, but few sections could argue their role is more critical to mission success.

PO2 Sean Thrasher leads the team of four naval communicators on *Summerside*, deployed for two-months on Op CARIBBE, Canada’s contribution to multinational efforts to disrupt illicit drug trafficking on the waters off the Caribbean and Pacific coasts of Central America.

They are responsible for setting up and making sure all the communications systems on board the ship operate correctly, including all the computers,

external voice, radio-teletype and data circuits. Plus, they are responsible for tactical signaling – be it using flags, flashing signal lamps or voice radio.

Naval communicators are the IT department for the ship. They support operations by helping HMCS *Summerside* stay connected with national and allied networks while they are deployed. During battle, the operations room on a modern warship may keep command informed about mission requirements, but it is the naval communicators who ensure information reaches the operations room, and in turn, command. Every commander – even ones as skilled as Nelson – needs quality information to make quality decisions.

“We maintain the circuits that they use,” said PO2 Thrasher. “In that way, navcoms are pretty important.”

And it’s important to recognize this IT department operates in a unique environment. It’s difficult enough for a computer technician to fix a computer in an office tower or your home office – but it’s considerably more difficult when your computers are on a warship riding high seas in remote parts of the world.

“When a network breaks down, we look after investigating it and getting it fixed,” said LS Jonathan Hudson, who enjoys being the first and sometimes only line of defence when computer issues arise onboard. “I really like the problem solving aspects when

we’re trouble shooting. When you have something broken and you’re able to fix it, it gives you quite a sense of satisfaction.”

Clearly, much has changed since Admiral Nelson’s day.

Sitting in the communication control room, PO2 Thrasher and his team are surrounded by satellite feeds, towers of router switches, hubs, servers, assorted crypto modems, as well as the more traditional ultra-high frequency and very high frequency radios.

It’s a fast paced environment that’s changing as quickly as information technology itself. Flags, flashing lights, and semaphore signaling are being used less and less, and high frequency (HF) and ultra-high frequency (UHF) radios are also fast giving way to increasingly complex and compact computer-based networks. Thankfully, PO2 Thrasher and his team thrive on those changes because they constantly strive to improve communications for HMCS *Summerside*.

“I’m the young generation,” said LS Maxime D.Malo, who joined the trade in 2010. “For my part, tradition is good but sometimes we need to evolve. I always say that if we’re at the point that we have to use a flashing light or flag hoist – because that’s all the communications we have left on board ship – we’ve already lost the fight.”

LS D.Malo added the most important thing for a naval communicator today is not to place



A naval communicator in HMCS *Summerside* participates in a colours ceremony while the ship is at anchor awaiting entry to the port of Corpus Christi, Texas on March 18, 2016, to begin the Gulf of Mexico exercise.

PUBLIC AFFAIRS, HMCS SUMMERSIDE

more trust in technology, but to be able to work properly with the technology available.

LS Stephane Sabourin agrees. “Every month there is new equipment, new standard operating procedures, new processes,” he said. “It’s fun because you always learn something. It’s fun to work with the equipment and

trouble shoot, and help your ship mates with their computer problems. That’s the way of the future. That’s what I like about my trade.”

To find out more about becoming a naval communicator in the Canadian Armed Forces, please visit [www.forces.gc.ca/en/job/ navalcommunicator-24](http://www.forces.gc.ca/en/job/navalcommunicator-24).

## A celebration of differences at IDERD 2016

By Ryan Melanson,  
Trident Staff

On a day where the focus is on combating racism and prejudice, CFB Halifax Base Commander Capt(N) Chris Sutherland spoke of his own shortcomings in that area. Through his work as champion for the Defence Visible Minority Advisory Group (DVMAG), he said he’s learned a number of lessons since his arrival in Halifax in 2015.

After a recent lunch & learn session covering unconscious bias, the ingrained beliefs that can subtly cause us to make unfounded assumptions or decisions about other people based on things like skin colour or cultural differences, Capt(N) Sutherland said his eyes were opened to bias-driven thoughts he’s had in the past. He said unconscious bias can cause us to fear change, to fear differences

and to seek out people and experiences that are familiar to us.

“But I also know the way you break down unconscious bias and the barriers that exist around us is by taking the time to get to know someone. It’s through speaking with someone who may be dressed differently, or have a different colour of skin or different religion than you.”

Capt(N) Sutherland made those remarks to kick off the 2016 International Day for the Elimination of Racial Discrimination (IDERD), with DND’s event being held inside the Kenneth C. Rowe Hall at the Canadian Museum of Immigration at Pier 21. He was joined by RAdm John Newton, Commander MARLANT and JTFA, members of DVMAG, including event MC Capt Sonny Brown, as well as many other men and women in uniform who filled out the large room.

The crowd took in speeches, cultural performers and a keynote that focused on Japanese culture. Following that formal event, defence team members were invited for a guided tour through the museum’s Immigration Hall, including the newly opened Canadian Immigration Story exhibition.

The theme for the 2016 National Defence IDERD celebration was “Celebration of Culture in a Diverse Canada”, and keynote speaker Dr. Alexandre A. Avdulov represented the topic well with his unique background. Born in Russia, Avdulov studied Japanese language and culture at the University of Moscow before spending time in Japan and eventually finding his way to Nova Scotia and Saint Mary’s University, where he is an associate professor in the school’s Department of Modern Language and Classics.



Dr. Alexandre A. Avdulov performs a Japanese Tea Ceremony on stage during the 2016 DND event marking the International Day for the Elimination of Racial Discrimination.

CPL CHRIS RINGUS/FIS HALIFAX

Avdulov shared the story of how he developed his love for all things Japanese, eventually landing on a specialization in tea ceremonies and the historical and cultural role of tea in Japan. Wearing traditional dress and with his preparation tools on the stage, he brought up a number of guests for a Chanoyu, a type of Japanese tea ceremony. Avdulov prepared individual bowls of matcha green tea powder for RAdm Newton, Capt(N) Sutherland, Capt Brown, Monica Mac-

Donald, Pier 21’s Acting Chief Curator, and special guest Yuji Kubo, Deputy Consul General of Japan. The professor explained many of the intricacies of the ceremony as he prepared the drinks on stage, including the types of food normally served with the tea, proper behaviour of guests and acceptable conversation topics for the Chanoyu.

RAdm Newton said he enjoyed

See IDERD / Page 4

**MyClosing**  
Mymilitaryclosing.ca

# Crewmembers of HMCS Fredericton pay their respects in Souda Bay, Crete

By PO2 Class Andrew Kenny, HMCS Fredericton

On February 18, 2016, while on Operation REASSURANCE, HMCS Fredericton made port in Souda Bay, Crete. During World War II, Crete was invaded by Germany. May 20, 1941, the first Nazi Fallschirmjager (Paratroopers) jumped in and landed on Cretan soil. The battle lasted 11 days, ending on June 1, 1941 and culminated in a hollow Axis victory. The people of Crete endured four years of Nazi occupation following the invasion.

Unfortunately, little is known about the sacrifice that five Canadian airmen made in the defence of Crete. While on port visit in the Souda Bay, Fredericton's crew made a point of visiting the cemetery nestled in an olive grove to pay their respects to these brave young men.

"Taking opportunities like this one to pay tribute to those who made the ultimate sacrifice fighting for our core Canadian values of peace and freedom is important," said Cdr Trevor MacLean, Commanding Officer of Fredericton. "Spending time to reflect on just how much was given up by these young men brings everything into perspective and is particularly poignant while deployed far from home on an operation like REASSURANCE. We vow every November 11 to remember the fallen - I find it inspiring to spend time with my shipmates doing just that."

The crew was moved by the rows of white headstones all neatly right dressed and standing solemnly among the beautifully manicured grounds. It is quite obvious when one arrives at the cemetery that the Commonwealth War Graves personnel, who are tasked with looking after the grounds, do an outstanding job in ensuring the significance of the sacrifice made by 742 fallen soldiers, sailors and airmen is well preserved.

It is quite an honour to be able to visit these locations and pay homage to those who came before us and gave all so we could have so much. One thing that always catches my eye when walking down the rows of headstones is the ages; some men are in their teens and up to their 30s. At this point in their lives they had girlfriends and sweethearts, wives, children and mother and fathers. To be willing to step forward and offer yourself up at that point in your life is a level courage worthy of many accolades and to have paid the prices willingly again is special and should be recognized by all who came after them. I really don't think we can do enough to ensure these sacrifices stay prominent and at the forefront of people's lives and thoughts.

Among those in attendance was the Command Team, including Cdr Trevor MacLean, LCdr Gord Noseworthy, Executive Officer, CPO1 Steven MacLellan, Coxswain, representatives from all messes and the RCAF Detachment on board Fredericton.

Fredericton sailors performed a small but fitting and respectful ceremony and placed a wreath upon the memorial in the centre of the grounds.

The following is more detailed information on the five Canadian airmen interned in the Souda Bay War Cemetery: WO Walter Duncan; Flight Officer David Fleishman; PO Alexander Goyer; WOC2 Edgar Mathews; and Flight Sgt Jeremiah Porritt. Flight Sgt Porritt of Vancouver B.C. was also awarded the Distinguished Flying Medal for heroic actions as an Air Gunner, on two separate occasions, shooting down 3 Messerschmitt 109s.

WO William Walter Duncan, S/N: R/115792; Age: 24. DOB: 1920. Died: 16/02/1944. Hometown: Shell Lake, Saskatchewan. <http://www.villageof-shelllake.ca/category/newsletter/>  
F/O Edmond David Fleishman, S/N: J/10829. Age: 24.

4... Maritime Command TRIDENT, April 7th, 1978

## Forces Re-equipment Money Slashed

This press release arrived on our desk the other day from the Progressive Conservative Party national HQ. It's just a touch biased, but interesting nevertheless - ED.

Last night under questioning by Allan McKinnon, Progressive Conservative Defence Critic, the Minister of National Defence admitted that the Defence Estimates for capital expenditures were some 60 million dollars short of the 12% real growth that had been promised.

The Minister, Barney Danson, claimed that the money had been deferred until later in the re-equipment

programme and that he had a "gentleman's agreement" with the Treasury Board that they would give him the money some other year.

The Deputy Minister of National Defence said that in the time available they had been unable to plan their programmes to take advantage of this year's previously promised cash flow. Mr. McKinnon would accept some of

these excuses. "Nearly two and a half years ago Treasury Board pledged to increase DND's capital budget by 12% per annum in real terms, for five years, and to increase its Operations and Maintenance budget to keep pace with the military inflation rate. The agreement was designed to create a capital budget which could begin to repair the long term damage caused to DND's capabilities by the colossal lack of investment in new equipment during the years since Mr. Trudeau became Prime Minister. This promise was repeated ad nauseam, and without any qualification whatsoever by Mr. Richardson and Mr. Danson and by senior officials, even after the Estimates for this year had been prepared."

The Defence Critic pointed out several areas where defence programmes were being held up for lack of money: The Reserves and especially the Militia, have been told that there is simply no money to spare for new equipment beyond the limited measures announced in January this year. Base development

plans are being deferred, for example, in Halifax and Esquimalt. Both the latter are projects which involve considerable construction, and would be of real benefit to the construction industry, which is labour intensive and thus would help the unemployment situation. The ship replacement programme has been deferred so long that we will not see any new ships before 1985, and then only if the Cabinet approves the programme. The LRPA had to be cancelled initially and then rescheduled for lack of capital funds, a decision which has added several million dollars to the final price tag. And now we are told that the extra money can't be used at this moment.

Mr. Danson said he had volunteered the cut on the gentleman's agreement-deferred promise basis, which Mr. McKinnon said was the equivalent of "if you don't like my last promise, which I have just broken, I'll give you another one." Mr. McKinnon went on to say, "In my opinion Mr. Danson has failed his first real test as a Minister."

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## SHOOT-OUT IN TRINIDAD

by Tim Addison

During their short stay in Trinidad, HMC Ships ASSINIBOINE and MARGAREE took part in a rifle match with the Trinidad and Tobago Regiment. ASSINIBOINE's team, consisting of LCdr Reanne, LTJG Stacey, P2WS Yeates, P2ER Feltham, MSU Meleck, and ABIM Campbell, placed second overall, being defeated by the Trinidad

and Tobago Regiment. A special "well done" goes to P2ER Feltham who placed third overall behind two hopefuls for the National Trinidad Rifle Team. Needless to say, Petty Officer Feltham took first place among the Canadian entrants with MSWU Meleck a close second and LCdr Reanne in third.

The competition consisted of three different forms of firing: Deliberate, Snap and Rapid. The rapid firing proved to be the downfall of all Canadian entrants with the exception of Master Seaman Meleck. He made his best score in this event, being beaten only by the number two contender for the National Trinidad Rifle Team, Lance Corporal Jones.

Upon completion of the competition, all participants returned to ASSINIBOINE for refreshments in the lounge and the traditional exchange of plaques. All in all it was a very successful day and I'm sure that for all entrants it was the highlight of the visit to Trinidad. What better way is there to get to know your host country than getting together for friendly competition with your fellow brothers-in-arms?

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PO Joseph Alexander Goyer, S/N: J/85926. Age: 26. DOB:

1918. Died: 03/02/1944. Hometown: Bengough, Saskatchewan. <http://www.bengough.com/>

WOC2 Lawrence Edgar Mathews, S/N: R/97534. Age: 24. DOB: 1920. Died: 23/11/1942. Hometown: Beaver Falls, Trail, British Columbia. <http://www.traildailytimes.ca/>

F/Sgt William Jeremiah Porritt, S/N: R/58432. Distinguished Flying Medal. Age: 20. DOB: 1922. Died: 06/09/1942.

Hometown: Vancouver, British Columbia. <http://www.vancouver-sun.com/>, <http://www.theprovince.com/> <http://www.vancourier.com/>

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# HMCS *Preserver* CO recalls high-tempo deployment to Kuwait with Op Impact

By Ryan Melanson,  
Trident Staff

While on deployment in Kuwait, the simple act of going for a drive to a bank, local shop or airport can be a daunting task.

Using a vehicle off-base is allowed for mission purposes only and civilian clothing must be worn for safety reasons. The roads themselves also present challenges, with little in the way of rules or signage, unmarked speed bumps and speeders frantically swerving in and out of traffic.

"It can be extremely chaotic and frightening, with little active enforcement of traffic laws," said LCdr Vicky Marier, who spent eight months deployed as the J1 to Operation Impact between October 2014 and May 2015.

The wild traffic scenario is one of the many risks and hardships associated with the mission to degrade the capability of the so-called Islamic State in the Republic of Iraq. LCdr Marier shared the story as part of a presentation to a monthly meeting of the Royal United Services Institute of Nova Scotia on March 9, where she delivered a talk titled *The Kuwait Mission: Non-Operational Considerations*. It focused on her role as the J1, the staff officer in charge of personnel support, working under then-Joint Task Force-Iraq Commander BGen Dan Constable.

Opening with a summary and timeline of the events that led to the standing up of JTF-I, what stood out as notable from LCdr Marier's talk was the speed at which events unfolded. From July 8, 2014 when the United States announced the beginning of airstrikes in their campaign against ISIL, it was only four short months later when the RCAF conducted its own first air strikes over targets in Iraq on November 2.

"Everything went extremely fast and a lot of things happened in a short period of time," LCdr Marier said.

Her own deployment came together equally fast. It was Oc-

tober 7 when Parliament voted in favour of a combat mission involving airstrikes against ISIL targets, and LCdr Marier touched down in Kuwait on October 29, only days before Canada's CF-188 Hornets flew their first sorties.

She described the J1 role as an extremely demanding job, working closely with CJOC staff in support of the 544 people deployed to Kuwait as part of Op Impact Roto 0. It included responsibility in areas like repatriation and replacement, home leave travel assistance, and mortuary affairs, as well as morale and welfare, rest and recreation and honours and awards.

LCdr Marier, who was appointed to her current position as CO of HMCS *Preserver* while in Kuwait, described the arranging of leave for members as a significant early challenge on Op Impact. Within two weeks of landing, leave plans were developed for more than 400 people.

"The first group to leave was starting on November 30, and within four months, 413 people went on leave. The backfills, having the proper people coming into theatre to replace them, it's a lot of planning and it was one of the most stressful things to do in my role," she said.

She also described the difficult period following the tragic friendly-fire incident that saw Sgt Andrew Joseph Doiron fatally wounded in Northern Iraq on March 6, 2015. With mortuary affairs in her list of responsibilities, LCdr Marier worked closely with CJOC on final arrangements, and was responsible for meeting and escorting funeral home staff from Ontario upon their arrival in Kuwait.

On a more positive note, she was also able to put forward 98 nominations for honours and awards from a task force strength of 866 military members and civilian staff who deployed throughout Roto 0. This included requesting a change to the minimum sorties required for aircrew to receive the

General Campaign Star.

"The operational intensity of Op Impact, as well as the above-the-norm tempo of Roto 0 warranted these nominations. It's good to see so many people being recognized," she said.

LCdr Marier's posting to Op Impact was one that involved difficult work and long hours, constantly meeting tight deadlines to ensure the troops in theatre received the needed support in all areas. She answered questions from RUSI(NS) members about the lessons learned and ways to improve the function of a J1 on joint operations, but also described the job as a rewarding one, and said she was proud to support the mission.

"Really, that's the reason we join the Forces; it's to do those hard, demanding jobs that nobody wants to do."

RUSI(NS), a defence association at CFB Halifax, serves as a discussion and education forum on Canadian defence and security issues. Membership is open to anyone interested. More information is available at [RUSI.ca](http://RUSI.ca).



LCdr Vicky Marier speaks to members of the Royal United Services Institute of Nova Scotia on March 9, 2016.

RYAN MELANSON, TRIDENT STAFF



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The funeral for the late VAdm Henry Porter took place at St. Brendan's Chapel at Stadacona on March 17, 2016. CPL CHRIS RINGIUS, FIS

## A distinguished naval career: Remembering VAdm Henry Porter

By Ryan Melanson, Trident Staff

The RCN community is mourning the loss of one of its most decorated officers. VAdm Henry Allan Porter CMM,CD, known to friends as "Harry", died on March 13 at Camp Hill Veterans Memorial Hospital at age 94. His lengthy career included service during the Second World War, taking command of a number of different HMC Ships, and eventually rising to serve as Commander, Maritime Command. Born in Chemainus, BC in 1920, VAdm Porter joined the Royal Canadian Naval Volunteer Reserve as a telegraphist in November 1939 and quickly developed a reputation for hard

work that followed him through his Navy years. Early postings included time in HMCS *Prince Robert* in 1941, *Kootenay* in 1942, and he was among the first crop of young officers to graduate from the HMCS *St. Hyacinthe* Signal School's Long Signal Course in 1943. The early 1950s saw VAdm Porter take command of River-Class frigates *La Hulotte* and *Lauson*. Soon after, he served as officer in charge of the communications school at *Cornwallis*, and in 1955, at the rank of Commander, became Director of Naval Communications at NDHQ in Ottawa. Further mile-

See HENRY PORTER / Page 6



From left: LS Galway, LS Belanger, LS Chambers, LS Bouthat and LS Tansley graduated from CFNOS as Shipborne Air Controllers.

SUBMITTED

## CFNOS makes history with graduation of SONAR OP and NES OP SAC students

By Lt(N) Jeremy Day, CFNOS

On January 28, 2016, CFNOS graduated Shipborne Air Controller (SAC) NATO Grade DELTA serial 0001 with five students.

The SAC is responsible for controlling all aircraft working with fleets at sea, as well as aircraft tasked from shore-based units. As Leading Seamen, the SAC specialty is an excellent way to become distinguished from one's peers, as they are relied upon for their expertise in shipborne air operations. Additionally, the SAC is responsible for briefing the ship's Commanding Officer on safety related and tactical matters, and can often make recommendations to him directly in an operational environment; an opportunity not often afforded to members at the rank of LS.

Traditionally only available to NCI OPs, this marked the first time the specialty course was

open to Naval Electronic Sensor Operator and SONAR Operator sailors as well as the reintroduction of SAC students into the MEGA Phase; a step towards the common operator structure and the practical training focus of the Future Naval Training System.

The future SACs of the Fleet include LS Andre Belanger (NCI OP, top student), LS Christopher

Galway (NCI OP), LS Adam Tansley (NCI OP), LS Jason Chambers (SONAR OP) and LS Taylor Bouthat (NES OP). Of particular significance, LS Chambers and LS Bouthat are the first SONAR OP and NES OP to qualify in the 52-year history of the SAC specialty. Congratulations to all students on a job well done!

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| <p><b>MAY 6 &amp; 7</b><br/><b>BEETHOVEN</b><br/>Halifax Forum's Multi-Purpose Centre<br/>Halifax</p> <p><b>MAY 6</b><br/><b>CAPE BRETON KITCHEN PARTY</b><br/>Centre 200<br/>Sydney</p> <p><b>MAY 7</b><br/><b>OPEN BREWERY DAY</b><br/>Visit Your Local Brewery<br/>Nova Scotia</p> <p><b>MAY 7</b><br/><b>SUGAR MOON EVENT</b><br/>Sugar Moon Farms<br/>Earltown</p> <p><b>MAY 8</b><br/><b>STILLWELL OPEN</b><br/>Stillwell<br/>Halifax</p> <p><b>MAY 8</b><br/><b>RACE THE KEGS</b><br/>Gahan House<br/>Halifax</p> | <p><b>MAY 10</b><br/><b>A WALK IN THE PARK</b><br/>Battery Park<br/>Downtown Dartmouth</p> <p><b>MAY 11</b><br/><b>BEER COCKTAIL FACE-OFF</b><br/>The Auction House<br/>Halifax</p> <p><b>MAY 12</b><br/><b>THE SCIENCE OF BEER</b><br/>Discovery Centre<br/>Halifax</p> <p><b>MAY 12</b><br/><b>NS CRAFT BEER ROYAL RUMBLE</b><br/>Stubborn Goat<br/>Halifax</p> <p><b>MAY 13</b><br/><b>BREWS CRUISE</b><br/>Tall Ship Silva<br/>Halifax</p> <p><b>MAY 14</b><br/><b>FULL HOUSE</b><br/>Cunard Centre<br/>Halifax</p> |
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# TRIDENT

## Publication Schedule for 2016

- Jan 11 MFRC
- Jan 25 MFRC
- Feb 22 MFRC
- March 7 MFRC
- March 21 Posting Season Special
- April 4 MFRC
- April 18 Battle of the Atlantic Special
- May 2 MFRC
- May 30 MFRC
- June 13 DND Family Days
- June 27 MFRC
- July 11
- July 25 MFRC
- August 8
- August 22 Back to School Special
- Sept 5 MFRC
- Sept 19 Home Improvement Special
- Oct 3 MFRC
- Oct 17
- Oct 31 MFRC / Remembrance Special
- Nov 14 Holiday Shopping Special
- Nov 28
- Dec 12 MFRC / Year End Review



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# Community Calendar

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

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

## 2016 Maritime Acoustic Symposium

**Date: June 7-10**  
**Location: Canadian Forces Maritime Warfare Centre**  
 Trinity will host the biennial Maritime Acoustic Symposium at the CFMWC. This symposium will be a comprehensive forum for discussion and liaison between agencies and people involved in Undersea Surveillance and Warfare (USW). It will include domestic and international representatives from organizations that conduct operations, training, research, and scientific support. Industry and academia have also been invited to participate and will bring with them valuable information on cutting edge technology and scientific advancement. This year's theme is "Restocking the ASW Toolbox" and many presentations, forums, and sidebar discussions will focus on sharing common goals and aiding the community in advancing knowledge on platforms, weapons and tactics used throughout the USW domain. Personnel of any rank with a relevant interest in USW or acoustics are encouraged to participate. Inquiries and expressions of interest may be forwarded to the event OPI, PO1 Randy Musseau at [randy.musseau@forces.gc.ca](mailto:randy.musseau@forces.gc.ca).

**Flying to Sable Island**  
**Date: 7:30 p.m.**  
**Date: Tuesday, April 5**

## Location: Maritime Museum of the Atlantic

Debbie Brekelmans from Maritime Air Charters has been flying to Sable Island since the summer of 2006. Last November, she completed her 500th trip to the Island. During this free evening lecture, Debbie will talk about the special issues involved in travelling to Sable, including a lack of runway and the possibility of travellers being stranded. She'll also give a general overview of the Island, based on her personal research and experience. Come learn more about the "Graveyard of the Atlantic." In the coming weeks, further events at the museum will also focus on Sable Island, with Bernadette Morris exploring her photographic work on the island on April 12, followed by a book launch for Jill Martin Bouteillier's *Sable Island in Black and White* on April 26.

## Novo Scotia Naval Officers Association Bursaries

**Date: Apply by April 15**  
 The Nova Scotia Naval Officers Association Bursary Trust is once again offering two bursaries in the amount of \$15,000 each to financially assist deserving students for the coming school year. Eligible applicants must be residents of Nova Scotia, who have a naval connection, e.g. dependents of Regular Force (Navy) or former naval members; members of the Naval Reserve, Sea Cadets, and relatives or de-

pendents of NSNOA members. Applicants must be enrolled as, or have applied to enroll as full time students in any Canadian university. Major considerations will be financial need, academic grades, community involvement and other activities. Application and reference forms may be downloaded from the NSNOA website at [nsnoa.ca](http://nsnoa.ca).

## HMCS Sackville with Bert Walker, Canadian Naval Memorial Trust

**Time: 2 p.m.**  
**Date: Sunday, April 17**  
**Location: Central Library Paul O'Regan Hall**  
 As part of Battle of the Atlantic commemoration events happening in the HRM, Halifax Public Libraries is hosting this free talk with Bert Walker of the Canadian Naval Memorial Trust. The afternoon will focus on the legacy of Canada's last remaining Corvette, especially *Sackville's* crucial role in the Battle of the Atlantic and how the ship is now memorialized.

## The Significance of the Battle of the Atlantic to Canada

**Time: 7 p.m.**  
**Date: Wednesday, April 20**  
**Location: Maritime Museum of the Atlantic**

In this free evening talk set against the backdrop of the Battle of the Atlantic, Dr. Marc Milner will chart the fascinating devel-

opment of the battle, and the important role Halifax, the Royal Canadian Navy, and many ships like HMCS *Sackville* played in winning this pivotal Second World War campaign. Milner is the Director of UNB's Gregg Centre for the Study of War and Society, and a well-respected author of numerous books and articles about World War II, particularly the war at sea. In 2009, Milner was also appointed to the Board of Governors of the Royal Military College of Canada.

## Racism: Indigenous Perspectives with Justice Murray Sinclair

**Time: 7 p.m.**  
**Date: Wednesday, April 20**  
**Location: Central Library Paul O'Regan Hall**

This series continues on April 20 by welcoming Justice Murray Sinclair, chair of the Truth and Reconciliation Commission of Canada from 2009-2015. Justice Sinclair will address racism by dealing with questions around reconciling divisions, how racism is holding society back, and the obligations we have to address the issue. The event is being held in partnership with the Canadian Centre for Ethics in Public Affairs, the ENRICH Project, the Dalhousie University President's Office, and the Dalhousie University Faculty of Health Profes-

## IDERD

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the small taste of the experience, and he highlighted the importance of firsthand experiences in combating cultural and racial prejudices, understanding each other and breaking down barriers.

"Just like when you deal with people in your work environment and you need to develop that

capacity to listen and learn from others, you can only do that when you shed yourself of the power of the rank and uniform, and metaphorically our tea ceremony here emphasizes that."

The crowd also heard from Monica MacDonald, who gave a quick overview of Canada's modern immigration history, including its troubling aspects. This included the treatment of black loyalists and refugees after the War of 1812, the introduction of the Chinese Head Tax in 1885,

and the detainment and internment of Japanese Canadians during the Second World War.

She explained the museum doesn't shy away from these or other examples in which Canada found itself on the wrong side of history in regards to immigrants and immigration policy.

"Since those times, Canada, like its Armed Forces, has become an international model for inclusion and cultural diversity. But these stories help us understand the roots of racial discrimination, so that not just today, but everyday, we can remain vigilant against it."

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## Officer's Mess Calendar

APRIL 8, 2016

## BEER TASTING @ ROYAL ARTILLERY PARK 1900

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# 406 Lynx Squadron ready to celebrate 75 years

By WO Dave Rowe, 406 Squadron

By the end of the Battle of Britain, changing German tactics highlighted the need for a new capability for the Royal Air Force. German bombers were increasingly using the night to make numerous small raids. This decreased their chances of detection, as well as reducing the need for fighter escort. The RAF quickly realised that they were not adequately prepared to meet the new threat, and hastened the formation of dedicated night fighter units.

406 (RCAF) Lynx Squadron was formed at RAF Acklington on May 10, 1941 to help meet this new threat. Night fighting was a completely different game than day operations. Formations of fighters at night were out of the question. Airborne RADAR would be required, and in the early stages of the war, was simply too big, too heavy, and too operator intensive for a single seat fighter and its pilot. When 406 came into being, the only suitable aircraft at that time was the Bristol Beaufighter. This

radial twin-engine aircraft was a hastily developed variant of the Beaufort light bomber. Normally, such an ad-hoc creation would be of limited use, but the Beaufighter was ideally suited for its twin roles of night-fighter and anti-shipping strike aircraft.

Armed with four 20mm cannons and up to six .303 machine guns, at a time when fighters were armed with only four to eight .303 calibre machine guns, it had devastating firepower. Twin-engine reliability ensured many a crew returned home safely that otherwise would have been lost. Two crewmen meant a dedicated Radar Operator who handled navigation and interception, with the pilot focused solely on flying the aircraft, and engaging the enemy once visually sighted. It was a deadly combination. The squadron expanded its role as attacks on England diminished, and they took the fight to Europe, conducting Night Ranger missions, essentially flying up and down the French coast, looking for trouble.

In 1944, just before D-Day, they started re-equipping with the ultimate twin-engine fighter,

the DeHavilland Mosquito. Superbly armed, (four 20 mm cannon, and four .303 machine guns), and almost 100 Mph faster than the Beaufighters, the Squadron changed over to the Night Interdiction (Intruder) role. They excelled at not only stopping enemy bombers, but enemy night fighters as well. By the war's end, 406 had destroyed 64 enemy aircraft, 7 probably destroyed, and 47 damaged. Dozens of locomotive trains and other vehicles were destroyed. Most importantly, countless British civilians were saved by the Lynx's efforts to keep the German night bombers at bay. On September 1, 1945, the Squadron was disbanded, and the gallant airmen returned home.

World peace was fleeting however, and soon new threats emerged. The RCAF re-formed many of the Second World War squadrons to serve as reserve units, and 406 was re-formed in Saskatoon on July 9, 1947. The squadron's role was as a tactical/light bomber one, and they were equipped at various times with the B-25 Mitchell, Harvard, and T-33 Silver Star. This role was

changed in March of 1958, to that of light transport/utility, and the Squadron swapped over to C-45 Expeditors and CSR-123 Otters. Once again, the needs of the RCAF changed, and the squadron was stood down on March 31, 1964.

With the military amalgamations of the late 60's combining all elements into the Canadian Armed Forces, once again changes dictated the need to re-form 406, but this time as 406 Maritime Operational Training Squadron, located in Shearwater, Nova Scotia, standing up on July 12, 1972. The Squadron was tasked with the training of all air and ground crew for both the CH-124 Sea King, and the CP-121 Tracker ASW aircraft. In mid-1981, the Tracker role was deleted from 406's responsibilities.

As 406 nears the 75<sup>th</sup> Anniversary of its formation, an exciting new airframe, the CH-148 Cyclone is being introduced, ensuring the Squadron's future for decades to come. In honour of all who served, and continue to serve the Squadron, and for all those Maritime aviat-

ors and technicians who learned their craft at 406 Squadron, we will be holding our 75<sup>th</sup> Anniversary Gala May 13-14, 2016. Alumni from all generations, including famed Wartime CO, Wing Commander Russ Bannock, DFC and Bar, will assemble for a meet and greet at the Shearwater Aviation Museum, at 6 p.m. on May 13. The next day, a parade will be held at the Archdale Hangar at 11 a.m., followed by a reception at the MHTC Cafeteria. The afternoon will be reserved for tours of the new 406 Maritime Helicopter Training Centre (MHTC), as well as Sea King and Cyclone displays in the Archdale Hangar, and tours of the Shearwater Aviation Museum. That night, the mixed dining-in will commence at 6 p.m. at Casino Nova Scotia. The weekend promises to be a great reunion for those invited to attend and a fitting tribute to 75 years of aviation heritage. For more information, visit our anniversary website at <http://rcfafasociation.ca/406lynxsgn75th/> or the event's Facebook page, titled 406 Lynx Squadron 75<sup>th</sup> Anniversary.

## VAdm Porter

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stones included post-unification jobs as Naval Adviser to the Chief of Personnel, as CO of *Bonaventure*, and as Director-General of Maritime Forces.

His naval years also included brushes with historical events and figures. As a Lieutenant Commander in 1953, he was able to attend the Coronation of Her Majesty Queen Elizabeth II at Westminster Abby, and as a naval Captain in May of 1961, was appointed as an aide to newly-elected President John F. Kennedy during a Canadian visit.

After a promotion to Rear-Admiral and taking command of MARPAC in September 1969, he found himself again rising through ranks less than a year later, reaching the rank of Vice-Admiral and being appointed as Commander, Maritime Command. He would end his career three years later, serving as the Comptroller General at CFHQ and then as an Assistant Deputy Minister at NDHQ in his final postings.

VAdm Porter retired from the Navy in March of 1974 to his home in Chester, but he didn't slow down from there, serving in a number of important community roles in his later years.

He was a former Chairman of the Nova Scotia Police Commission and former President of the Canadian Shipbuilding and Ship Repairing Federation, as well as being an advisor to the former Halifax-Dartmouth Shipbuilding Industries Ltd. He was known for volunteering his time for worthy causes, most notably with the Boy Scouts of Canada.

He also stayed involved with the military world in a number of ways, with a stint as the National Chairman of the Naval Officers' Association of Canada and as President of the Royal United Services Institute of Nova Scotia. He also gave considerable time to the Shearwater Aviation Museum

Foundation, serving as a member of the board, vice-chairman and then chairman, only retiring from the volunteer position in 2008, though he continued to stay up to date on museum activities in the following years.

Personally, family and friends remember him as humble and kind, a man who always showed respect to others despite his many career accomplishments, and who enjoyed simple things like spending time with his friends and family and working on his home garden. He was active in a number of sports and outdoor activities, such as fishing, hunting and tennis. As well,

his connection to the game of golf spurred the creation of the Admiral Porter Naval Communicators Golf Tournament, a popular annual event for just under four decades at the Hartlen Point Golf Club.

The funeral service for VAdm Porter was held at Stadacona's St. Brendan's Chapel on March 17, with MARLANT leadership and sailors getting a chance to say goodbye to an officer who helped pave the way for today's RCN. VAdm Porter is survived by his partner, Jackie, daughter Lucinda Crank and her mother Isabel Porter, as well as three grandchildren and six great grandchildren.



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## Stories from home: handling the unplanned

By Jen Dunn, Freelance Writer

For families with loved ones who are deployed, it often seems that the longer a deployment takes, the harder it is to get through. Waiting for months on end for the return of a spouse, parent, or friend, while sometimes filled with new and exciting experiences, can wear on those left at home and those who have left alike.

However, Kate Wolf, a military spouse and a native of Antigonish, Nova Scotia, has been through two long deployments, but found her most difficult experience with work-related separation had little to do with drawn-

out boredom or anticipation. In the spring of 2015, Kate's husband, Lt(N) John Faurbo, a Combat Systems Engineer originally from Ottawa, left with HMCS *Athabaskan* for a comparatively short two-month sail. In the weeks following her husband's departure, Kate gave birth to the couple's second daughter. Had events gone according to plan, her experience would have been difficult but achievable; however, not long after the birth, Kate found herself back in the hospital. "After I had Juliana, two weeks later, I had to have emergency surgery," she said. Complications after the birth left Kate unable to care for both her new-

born and her older daughter, Elora, who was two and a half at the time. "My family had to take care of them," she said. To complicate matters further, she underwent a second surgery two weeks later.

At that point, Kate was in need of additional assistance, and had been in contact with the H&R MFRC regarding her situation. "I was planning on hiring someone to take care of the kids during the day when my family was at work," she said. "The MFRC was going help. I was so grateful." For more information on the H&R MFRC's programs and services, call: 902-427-7788, or visit [www.halifaxmfr.ca](http://www.halifaxmfr.ca).



Joined by Nicole Sharpe and Michelle Boylan of the H&R MFRC, Col Allen has the tough job of drawing the monthly winners of the H&R MFRC's Vacation Lottery Extravaganza.

SUBMITTED

### March Vacation Lottery Extravaganza Winner

Congratulations to Jennifer Robb, MAROPSGRU5, grand prize winner of the H&R MFRC's Vacation Lottery Extravaganza for March. **Gagnant de la loterie Extravaganza Vacances au soleil**

**pour le mois de mars**  
Félicitations à Jennifer Robb, MAROPSGRU5, grande gagnante du tirage de mars de la loterie Extravaganza Vacances au soleil du CRFM H et R!

## Des histoires de chez soi : Gérer l'imprévisible

Par Jen Dunn, écrivain indépendant

Il semble souvent que plus le déploiement d'un proche est long, plus il est difficile pour la famille de traverser cette période. L'attente pendant des mois et des mois d'un conjoint, d'un parent ou d'un ami, bien qu'il y ait parfois de nouvelles expériences excitantes, peut peser sur ceux qui sont restés à la maison tout comme sur ceux qui sont en déploiement.

Kate Wolf, la conjointe d'un militaire et originaire d'Antigonish, en Nouvelle-Écosse, a vécu deux longs déploiements, et elle considère toutefois que son expérience la plus difficile en matière de séparation associée au travail a peu à voir avec l'interminable ennui ou l'anticipation.

Au printemps de 2015, le conjoint de Kate, le Ltv John Faurbo, un ingénieur des systèmes de combat originaire d'Ottawa, a quitté la maison pour un voyage relat-

ivement court de deux mois à bord du NCSM *Athabaskan*. Dans les semaines qui ont suivi le départ de son conjoint, Kate a donné naissance à la deuxième fille du couple. Selon Kate, l'absence de John à la naissance avait été prévue; elle demeurait alors avec sa mère. Si les choses s'étaient déroulées comme prévu, son expérience aurait été difficile, mais tout de même possible; toutefois, peu de temps après la naissance du bébé, Kate était de

retour à l'hôpital. « Deux semaines après avoir accouché de Juliana, j'ai dû revenir à l'hôpital pour une chirurgie d'urgence, » dit-elle. Des complications après la naissance ont fait en sorte que Kate ne pouvait plus s'occuper du nouveau-né et de sa fille aînée, Elora, qui n'avait que deux ans et demi. « Ma famille a dû prendre soin d'eux. »

Kate avait alors besoin d'aide supplémentaire, et elle a communiqué avec le CRFM H et R pour

leur faire connaître sa situation. « J'envisageais d'embaucher quelqu'un pour prendre soin des enfants le jour pendant que ma famille était au travail, » dit-elle. « Le CRFM a offert de nous aider. J'étais tellement reconnaissante. » Pour obtenir des renseignements supplémentaires sur les programmes et les services du CRFM d'Halifax et régions, veuillez appeler au 902-427-7788 ou à consulter leur site Web ([www.halifaxmfr.ca](http://www.halifaxmfr.ca)).

### MFRC Presents Community Conversation

The Veteran Family Program is a pilot project which provides medically releasing CAF members and their families access to extended services for two years post release. The H&R MFRC would like to meet with our community interested in assisting us identify the unique needs and

services that would benefit their families to effectively prepare for and transition to civilian life.

Currently serving CAF members, medically released and retired CAF members, veteran family members and invested community members are welcome to attend. For more information please call: 902-427-7788. Please register by April 3.

Date: April 6 / 6 – 8 pm  
Location: Halifax MFRC

### Le programme pour les familles des vétérans présente discussion communautaire

Le Programme pour les familles des vétérans est un projet pilote qui assure l'accès aux services étendus aux membres des FAC

en voie de libération pour raisons médicales et à leurs familles pendant deux ans après leur libération. Le CRFM d'Halifax et régions aimerait rencontrer les membres de notre communauté qui sont intéressés à nous aider à identifier les besoins et les services uniques qui prépareraient leurs familles afin de faire la transition efficacement vers la vie civile. Les membres actifs des FAC, les membres des FAC libérés

pour raisons médicales ou à la retraite, les membres de famille des membres des FAC ou des vétérans et les membres de la communauté concernés sont les bienvenus. Soutenez les familles des militaires de votre communauté des FAC. Pour de plus amples renseignements, veuillez appeler au 902-427-7788 pour s'inscrire.

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Endroit : Site d'Halifax du CRFM

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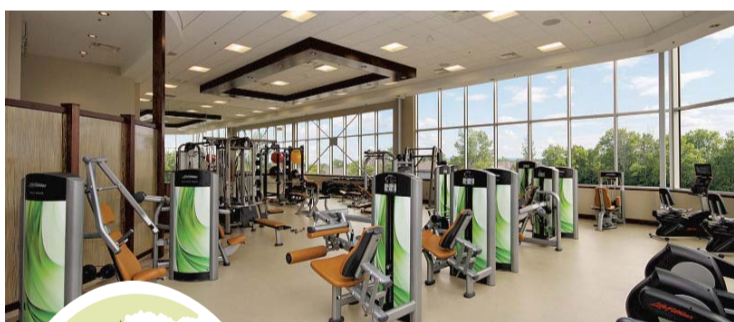
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# HMC Ships participate in multi-national exercise during Op CARIBBE

By Lt(N) Linda Coleman,  
PAO

While transiting south towards the west coast of Central America during Operation CARIBBE, HMC Ships *Saskatoon* and *Edmonton* participated in a NAMSI Pacific Exercise, also known as PACEX 2016, with ships from the United States Coast Guard (USCG) and Mexico's Secretaría de Marina (SEMAR). NAMSI stands for North American Maritime Security Initiative and is an interagency, tri-lateral security initiative between Canada, the United States and Mexico. NAMSI exercises have been taking place between the Royal Canadian Navy (RCN), United States Navy (USN), USCG, and SEMAR since 2012 and are designed to establish a learning environment for partnering nations to exercise emergency response plans, policies, and procedures as they pertain to maritime security and stability. This specific PACEX focused on maritime interdiction operations to counter illicit trafficking. PACEX 2016 had assets from all three countries exercising tactical communication and coordination, small boat operations, interdiction, and disruptions all



Caption Crewmembers of HMCS Saskatoon conduct small arms training during Op CARIBBE on March 15, 2016. PUBLIC AFFAIRS OFFICER, OP CARIBBE

throughout the day and evening of March 4, 2016. "This exercise is providing our sailors with the opportunity to test their skills with interactive and hands-on tactical procedures with our allies," said LCDr Todd Bacon, Commanding Officer of *Saskatoon*. "It's an excellent opportunity to test and improve our capabilities to quickly interdict threats,

such as ones we may encounter during Operation CARIBBE." During the exercise, sailors from Armada Republica Mexicana (ARM) Revolucion joined the crew of *Saskatoon* and *Edmonton* for the afternoon to observe how a Canadian ship operates. "Exercises like PACEX also help form partnerships and relationships between our navies," said POI

Kevin Parent, Coxswain of *Saskatoon*. "With the help of a linguist, Mexican and Canadian sailors were provided with the opportunity to socialize, eat lunch, and learn a little of how each other's navies operate." This year's PACEX 2016 participants included *Saskatoon* and *Edmonton*, USCG Cutter Alert with embarked H-65 Dolphin Helicopter,

and a USCG C-130 aircraft. SEMAR provided ARM Revolucion and embarked MD-902 Helicopter, as well as a CASA C-235 aircraft. *Saskatoon* and *Edmonton* are currently on Op CARIBBE, Canada's contribution to Op MARTILLO, a multinational campaign against transnational criminal organizations in the Pacific Ocean and Caribbean.

## Supporter of Soldier On has grand opening in Dartmouth

By Hilary Wright,  
Assistant BPAO

On Thursday February 11, St. Louis Bar and Grill had its grand opening in Dartmouth, NS. St. Louis is a proud supporter of Soldier On.

This is their 48<sup>th</sup> location in Canada and third province to expand through. "We want to be able to give back in areas where military members are located", says owner Robert Taylor. "They love chicken wings," Taylor adds with a smile. With both franchisee owner Robert Taylor and Vice President of Operations Robert Stewart having a family military connection, the partnership with Soldier On is near and dear to their hearts.

Soldier On is a CAF program that supports the physical and mental health of injured soldiers and veterans through sport and physical activity. For people who cannot go to the gym, Soldier On can also supply soldiers with equipment in the comfort of their homes. The program is supported locally in Halifax and at a national level.

"Returning to everyday life with a life changing injury is extremely difficult. So, the main purpose of the Soldier On program is to give soldiers a sense of belonging," says POI Jacqui Hennessey, who works for the Joint Personnel Support Unit. This sense of belonging and purpose is accomplished through team building and supporting the diverse activities that are offered at Soldier On.

Last year there were 25 participants who went to national events and another 10 who were sponsored with equipment from Soldier On within the NS and NFLD region. The program covers all ages, 20-60 years old. Dominic Lacroque, Afghanistan amputee, found great success within Soldier On. As a young athletic person, he was assisted by Soldier On in getting to tournaments and events. Eventually, overcoming his injuries, he was invited play for the sledge hockey team at the Sochi Paralympics.

Along with sledge hockey, Soldier On hosts various local and national programs, such as: National Ski Fest in Whistler BC, St. Andrew's National Golf Camp in Scotland, Legacy Golf Tournament, Army Run in Ottawa, Us Marine Corps Trials, Saddle up RCMP Musical Ride training, Battle Field Bike Ride and Allied Winter Sports Camp for snow shoeing, skiing and tobogganing. As well, City to Surf is a half marathon in Australia which is built on a whole week of military sporting events and military appreciation. Locally, the Navy 10k Run is the most popular Soldier On event in Halifax. Soldiers come to reunite and compete alongside fellow injured soldiers.



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# Ebola work on Op SIRONA described as a career highlight

By Ryan Mellanson,  
Trident Staff

The Ebola virus outbreak in West Africa devastated that region through 2014 and 2015, with more than 11,000 dead, putting the rest of the world on alert and spurring many nations to lend support to the fight against the hemorrhagic fever.

As part of the Canadian government's contribution against the epidemic, a total of 79 CAF health care and support staff deployed to Sierra Leone in three different rotations from December 2014 to May 2015. The mission, dubbed Operation SIRONA, sent personnel to the UK's Kerrytown Treatment Unit. The facility wasn't tasked with caring just for local patients, but rather with caring for the local and international health care workers who had been exposed to the Ebola virus.

Two members from CF H Svcs C (A), Lt(N) Carly Mackay, a nursing officer, and MCP1 Lisa Ouellette, a medical technician, each deployed to Kerrytown on different rotations, and were each recently awarded for that effort

with a new Op SIRONA service medal.

Both said that their coming or hesitations about being in contact with Ebola were put to rest after an exceptional three-week training period in the UK. They learned the proper use of personal protective equipment, rigorous hand washing and decontamination techniques, as well as receiving lessons on the culture and communities to help lessen any shock upon arrival.

The UK facility in Kerrytown was described as workday, with an uplifting atmosphere that saw care workers and their patients getting to know each other on a first-name basis. Many patients who came in contact with the disease did not contract it, but for those who did, forming those relationships made it all the more rewarding when patients eventually recovered. Many even returned to their health care work after rebounding.

"It was certainly something satisfying about seeing someone get confirmed, get very sick to the point where things look bad, to then walking out that other side and do the



Members of the CAF medical team review video with their British counterparts during training for Op SIRONA in Yennick, UK on December 11, 2014.

SGT YANNICK BÉDARD/COMBAT CAMERA

survivors' ebola dance," Lt(N) Mackay said.

And while personnel took pride in the successes at the facility, there were undoubtedly difficult moments as well. All three rotos experienced caring for patients who did contract Ebola, both domestic and international,

and each roto had patients in their care who eventually succumbed to the virus.

This also meant dealing with the frightening and painful symptoms of the disease, sometimes in patients they had developed close bonds with, with little to offer in the way of comfort.

"It's not easy, but it's something we knew was a strong possibility going into this. It's part of being a medical professional," Lt(N) MacKay said.

On January 14 of this year, the WHO was able to declare the outbreak of the disease in West Africa to be over. And while there were thousands of health professionals from across the globe who travelled to the region to offer assistance, and even more who sent supplies and financial help, Lt(N) MacKay said she had no doubt the small CAF contribution was able to make a real impact in Kerrytown. "We were the only clinic of its kind in the area, offering help to other health care workers. They're the ones helping the locals, taking them out of their homes, having that contact; I think it gave those workers more confidence having that safe place they could go."

MCP1 Ouellette added that as a medic with a passion for humanitarian work, the mission was a personal highlight in her career, and said she would return in a heartbeat if her help were to be needed again.

## RCAF heritage marks 75-year milestones in June

By Sara Keddy,  
Managing editor, The Aurora

A lot has changed, but a lot has stayed the same.

The 75-year heritage – and future – of four RCAF Squadrons will be showcased at a June gathering at 14 Wing Greenwood, Nova Scotia; along with 50 years' worth of VP International history. Organizers expect up to 600 guests to attend anniversary events over the week, all highlighting the strong relationships within the Canadian aviation community, and with international partners.

The modern-day 413 (Transport and Rescue) Squadron, 404 (Long Range Patrol and Training) Squadron, 405 (Long Range Patrol) Squadron and 415 (Long Range Patrol Force Development) Squadron all mark their 75th year in 2016 since first being stood up for service during the Second World War.

"These squadrons were stood up, populated with air crew, ground staff, support personnel – everything that goes along with establishing an air force," says organizing committee chairman LtCol Richard Hone, 14 Wing Operations officer. "What's interesting is today's connection to the past – we still have a lot of linkages with nations who were our Allies in the 1940s; and also with those who were in the Axis then. "That these squadrons survive today, 75 years later – it depended on their role, their location, the need for their operations and government direction."

For example, 413 Squadron "has flown just about every major aircraft type" over its history, says Wing Heritage Officer Maj Richard LeBlanc, and its primary role today is search and rescue on Canada's East coast.

"It's important to know who we are, and where we came from, so today's RCAF members know what they're part of."

A significant population in three of the four squadrons' past would be Argus-era folks, who remain keen on their RCAF experience as members of VP International. As part of the squadron's anniversary, VPI will

mark its 50th anniversary and commemorative service at the international headquarters and memorial at 14 Wing. Twenty-three nations with VPI affiliations are invited to participate.

"It's a chance to reconnect and meet with old friends and talk about our history and heritage. Hone says. "And it goes the other way: with today's personal talking about the challenges that go along with the advances in today's technology, the new over-land mission, the integration of the flood of information available in today's aircraft and the analysis and communications required

to turn it into a tactical plan."

It is easy to point to the pressures and challenges in the generations of aviation heritage encompassed over the past 75 years, and see how they evolve: 413 Squadron can be out on the door on a search and rescue mission within 30 minutes of a call, and the danger is just as real as bombing runs over Second World War Europe or surveillance flights over Afghanistan or Iraq today.

"We're all part of the Air Force, all working in support of Canada – and that continues

today," Maj LeBlanc says. "Folks take great pride in that, and the tradition continues."

14 Wing Greenwood Commander Col Pat Thauberger has several hats to don at this June gathering: officer in command of the hosting 14 Wing Greenwood facilities, a past commander of 404 Squadron and patron of the VP International association, in addition to having been a crew member on 405, 404 and 415 squadrons.

"This is such a great opportunity to collectively remember our past, while we also look at how

our current personnel honour that proud legacy in our day-to-day operations, training, missions and deployments," Col Thauberger says. "The June gathering marks the significant 75th anniversaries of four of Canada's best squadrons, and 50 years of camaraderie and heritage in VP International. I look forward to welcoming all of our old friends and colleagues back to ZX to join us in this celebration."

For registration and event information, visit [www.gnam.ca/75th-anniversary.html](http://www.gnam.ca/75th-anniversary.html)

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# Sailing the sea of technology

By A/SLt Susannah Anderson, HMCS Brunswick

On February 13-14, 2016, HMC Ships *Brunswick* and *Queen Charlotte* received an important mission from the Canadian Joint Operation Command: find the Hanjin Dallas, a bulk carrier somewhere in the Strait of Juan de Fuca. The Hanjin Dallas is suspected of attempting to smuggle migrants into Canada and two Maritime Coastal Defence Vessels (MCDVs) are to intercept the ship, board her, search for the migrants, and if necessary escort the Hanjin Dallas to Vancouver for processing.

It is an urgent tasking, one that is increasingly common for the ships of the Royal Canadian Navy. The catch? *Brunswick* and *Queen Charlotte* aren't seagoing ships; they are two of Canada's Naval Reserve Divisions (NRD), located on Canada's east coast and 6,000 kilometers away from Vancouver, carrying out an innovative and unique training experience.

Naval reservists need realistic and innovative training to keep their skills fresh, explains Lt(N) Zac Townson, *Brunswick's* XO.

"Training was often conducted by sitting in a classroom week after week with sailors quickly becoming complacent and losing interest. Our goal is to provide exciting training that prepares our sailors for life aboard a ship, mimicking the preparations, exercises, and operations that can be experienced in the formation, while keeping the sailors in Saint John working as a cohesive unit ashore."

In an effort to make realistic training readily accessible without the sea time, Kongsberg Maritime Ship Systems developed the Naval Part Task Trainer (NPTT), a unique computer-based simulator for use in NRDs across Canada. Based on a desktop computer, the NPTT is designed for use by a single sailor. Using two computer screens, one showing a view out the bridge of the ship and the other showing the radar screen, sailors undergo self-study with standard scenarios to learn ship handling, identification of lights and buoys, and the proper reporting procedures of other ships.

In place since 2001, the NPTT has trained a generation of Canadian sailors, right in their hometowns. In 2015, *Brunswick* began combining the NPTT with other simulators at their NRD, turning their stone frigate on the harbour in Saint John, New Brunswick, into a model of a real frigate. The Individual Multi-Task Trainer (IMTT), a computer simulator of the machinery control room on a ship, and the Maritime Diesel Training Unit (MDTU), a diesel engine simulator, combined with the NPTT, gave *Brunswick* an engine, a machinery control room, a bridge, and an operations room. CPO1 Ronald Chesley, Chief of the operations department, described the idea.

"We wanted the simulators to work together, to really come to life. Red lighting was installed in the operations room, we projected the NPTT on the walls to give a life sized view out of the bridge window, and we use hand-held radios to mimic the communications network on a ship. We simulate a day aboard a warship, providing realistic, exciting training for our sailors, right here in Saint John."

With several successful missions already complete, *Brunswick* was ready to share this innovative training idea with other NRDs and take this training to the next level. After months of planning, the sailors and equipment from *Queen Charlotte* of Charlottetown, travelled to Saint John to set up a second simulated ship, allowing the two NRDs to train side by side. *Brunswick* crafted a custom scenario on their NPTT and briefs by Maritime Surface and MARS Officers and NCIOps presented the scenario to the crew.

At 1 p.m. on February 14,

*Brunswick* and *Queen Charlotte* sailed out of Esquimalt harbour together to intercept the Hanjin Dallas. Naval communicators hailed passing ships while NCIOps reported radar contacts to the bridge. Bridge watchkeepers briefed the Captains while the engineers practiced emergencies in the engine room. Senior personnel, some with years of sea time, patiently mentored junior members in contact reporting and engineering emergencies. Many of the Ordinary Seaman present had never been to sea, making this training all the more necessary to prepare them for their upcoming courses and employment.

By the end of the weekend the Hanjin Dallas had been intercepted and the two crews had also assisted a fishing boat in distress, complete with rescue of a hypothermic fisherman requiring first aid. *Brunswick* and *Queen Charlotte* are already planning the next steps to make the training more realistic and valuable to naval reservists. OS Victoria Martins, an NCIOp with HMCS *Brunswick*, summed up her experience.

"We should take these activities very seriously. This is how to train for future operations at sea," she said.



OS Cochrane, OS Quinn, OS Killam and OS Lehman carry a stretcher holding the stabilized fisherman on board from the SAR exercise on February 14.

A/SLT SUSANNAH ANDERSON



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# Halifax men take 14th straight regional basketball title

By Ryan Melanson,  
Trident Staff

The CFB Halifax men's basketball team hasn't lost a game at CAF Atlantic Regional Championships since 2001. Through the years since, the team has also amassed four gold medals and four silver medals at CAF National Championships to go along with the 14 straight golds and 51 consecutive games won at regionals.

It's a basketball dynasty that continued with the team's 72-46 gold-medal win over team Gagetown at this year's regionals, held in Gagetown over February 23-26.

"It was close in the first half, but we were really able to open up a big lead in the second half," said Kevin Miller, PSP Fitness and Sports Coordinator and coach of the men's basketball team since 2001. Halifax held Gagetown to only nine points in both the second and third quarters of the final game, while putting up 19 and 24 in those

quarters respectfully.

The MVP for the tournament was Capt(N) Nicholas Legere, who led the team in scoring, shooting 55 percent from the 3-point line, and also had the highest scoring game of the tournament with 36 points in an earlier game against 14 Wing.

Changing rosters are common for CAF teams, and team Halifax entered this year's tournament with four rookies, one of whom, Pte Jonathan Ryer, performed well and ended up with an invite to the 2016 CISM basketball camp. On the more experienced side of things, the team was also able to rely on some of its key veterans. MS Mike Stainton went 15/16 for free throws and was again a top scorer for Halifax, while LS Stephen Awalt and MS Brian Silver, who have each been contributing to the team for nearly a decade, helped guard the paint and secure rebounds on defense.

In all, Halifax outscored their

See BASKETBALL / Page 12



The CFB Halifax Men's Basketball Team defeated 14 Wing Greenwood 72-46 to take their 14th consecutive gold medal at CAF Atlantic Regional Championships on February 26.

SUBMITTED

## Fitness and sports updates

By Trident Staff

**COTW Bowling** takes place April 14-16.

**The Atlantic Regional Badminton championship** was at the Fleet gym from March 22 to 24. For results and photo, check the April 18 Trident.

**The Sports First Responder course** will be held at Gagetown from April 25-27. This course will qualify participants in First Responder level first aid, CPR HCP and C, Oxygen, and AED, and is good for three years. Annual CPR and AED recertification must be completed. For more information on the course and how to register, please contact Kevin DeLong at kevin.delong@forces.gc.ca or call 902-427-3525.

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

**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.

## Meet your PSP Fitness and Sports staff: Isaac Habib

By Ryan Melanson  
Trident Staff

Isaac Habib joined the PSP Halifax team about eight years ago, but since transitioning to the Physical Exercise Specialist job at Stadplex, he said he's begun to settle in with a role that makes good use of his specialized training.

A former Fitness and Sports Instructor and Sports Assistant, Habib said the PES position allows him to be more engaged in helping to solve problems for the injured and ill CAF members that find their way into the PSP Reconditioning program.

"I was also attracted to the job because of the autonomy that comes with it, and the ability to run our own schedules and our own program with creative freedom," he said.

Isaac runs the reconditioning program in the CFB Halifax/12 Wing Shearwater area along with PES Noel Redmond and Regional Adapted Fitness Specialist Kerianne Willigar. They help CAF members with issues ranging from arthritis and chronic or



PSP Halifax Physical Exercise Specialist Isaac Habib works with members during a class at the STADPLEX Pool.

TRIDENT STAFF

musculoskeletal injuries to those suffering from lung disease or cancer. It's a high stakes job; when someone's recovery is often tied to their ability to perform at work, stress and anxiety can be a factor.

"I was hesitant coming into the position for that reason, but it's been worth it."

Habib was born and raised in Halifax, studying Kinesiology at Dalhousie University after high school. He said some of his best

memories of growing up in the area involve running around the various businesses owned by his parents, who moved their lives from Lebanon to Canada in the early 1970s.

"They did the usual, they did small business. From grocery to a pizza place to a laundromat. And my dad's a tailor by trade, so they did whatever they could and they did well for themselves," he said.

Habib said he's always enjoyed

being active through sports like volleyball, basketball or floor hockey, even if he might not be the greatest athlete on staff. He's also picked up squash during his time with PSP, playing with some of the regulars on the STADPLEX court. As for a fitness routine, he takes advantage of the gym facilities when his training needs to be more focused, whether it's swimming or strength training or just trying to get leaner.

"That's one of the nice things about working here, your goals can continuously change and you can do a variety of things to stay in shape."

He also mentions the unique opportunities he's been presented, like travelling to Squamish, BC during the 2010 Winter Olympics in Vancouver with Morale and Welfare staff, as well as the chances for continuous learning and to upgrade his qualifications. He said he'll continue to take advantage of those as the PES team works to improve their program and the help they offer to recovering sailors and soldiers.

## Curling trivia

By Steven Stone and  
Tom Thomson

### Questions

- When was the first Canadian men's curling championship held?
- Why is it called the Brier?
- What companies have sponsored the Brier and in what years?
- Which province won the first Brier?
- Which province has won the greatest number of Briers?
- Which skips have won the greatest number of Briers?
- Which Brier had the greatest attendance?
- What is the name of the Canadian women's curling championship?
- When was the first women's curling championship held?
- Which province won?
- Which company was the first sponsor of the women's curling championship?
- Which province has won the greatest number of women's curling championships?
- Which skip has won the greatest number of women's curling championships?
- When were the first World Curling Championships for men and women held?
- Which non-Canadian country has won the greatest number of curling championships?
- When was the first official Olympic curling competition?
- Which new curling event will be included in the 2018 Olympics in Pyeongchang, Korea?
- When was the first World Wheelchair Curling Championship?
- When were the first World Junior Curling Championships?
- Who is the only three-time World Junior Curling champion?

See CURLING TRIVIA / Page 12

2015/16 Formation Halifax COTW/COTF / WING CUP			
Sport	COTW	COTF	WING CUP
BALL HOCKEY ( ARENA)	June TBC	June 2016 TBC	TBC
CRAIG BLAKE MEMORIAL FITNESS CHALLENGE	September 18, 2015	September 18, 2015	TBC
SOCCER	21 Sept - 25 Sept	Aug 31 - Sep 4, 2015	TBC
SLOPITCH (14/15 Season)	28 Sep - 2 Oct, 2015	N/A	TBC
RUNNING	Oct 13, 2015	Oct 13, 2015	Oct 13, 2015
SWIMMING	June TBC	Oct 23, 2015	Oct 23, 2015
BADMINTON	Nov 16-20, 2015	November 23, 2015	TBC
SQUASH	Dec 1-11, 2015	Dec 1-11, 2015	TBC
BUBBLE SOCCER	Jan 25-29, 2016	TBC	TBC
VOLLEYBALL	7 to 11 March, 2016	Nov 24-27, 2015	TBC
CURLING	8-12 Feb, 2016	8-12 Feb, 2016	8-12 Feb, 2016
HOCKEY	22 to 26 Feb, 2016	18-22 Jan, 2016	TBC
BOWLING	Apr 12-14, 2016	Apr 12-14, 2016	Apr 12-14, 2016
FLOOR HOCKEY	Apr 25-29, 2016	April 2016 TBC	TBC
BASKETBALL	May 9-13, 2016	May 2016 TBC	TBC



## Staying fit in HMCS Fredericton

Members of HMCS Fredericton participate in a physical training class on the flight deck, run by Alyssa Jesson, a PSP fitness and sports instructor, during Op REASSURANCE on February 2, 2016.

CPL ANTHONY CHAND, FIS

## Basketball

continued from / Page 11

opponents 283-204 and averaged 71 points scored and 51 points against through the tournament thanks to strong performances from so many players.

But repeating that success at the CAF National Basketball Championships, where Halifax will be going for its fifth gold in six years, won't be simple. As usual, the team will head to that tournament in Borden on April 9 missing a number of players who made a big impact at regionals.

Team MVP Capt Leger is unavailable on course, others are set to deploy, one veteran player

suffered an injury at the regional tournament, and others, including defensive standout Capt Patrick Horsman, are dealing with minor injuries and ailments that make their status questionable.

It's par for the course for a team that has seen 81 different players wear the jersey over the last 15 years, and Miller said they'll adjust to bring the best team possible to nationals, in-

cluding by picking up extras from 9-Wing Gander and 14 Wing Greenwood, and giving a shot to a few new local members who have expressed interest. "It's tough to lose the guys we

did, and it's going to be a very competitive tournament, but it does create an opportunity for guys to step up, so we'll see what happens. The guys are excited," Miller said.

## Curling trivia

continued from / Page 11

### Answers

- 1927
- Brier was a brand of tobacco sold by the event's first sponsor – the Macdonald Tobacco Company.
- Macdonald Tobacco Company (1927-1979), Labatt Brewing Company (1980-2000), Nokia (2001-2004), and Tim Hortons (2005-present)
- Nova Scotia, skipped by Murray Macneill
- Manitoba – 27. Alberta is second with 26 (as of 2015).
- Ernie Richardson – Saskatchewan (1959, 1960, 1962, 1963); Randy Ferbey – Alberta (2001, 2002, 2003, 2005); and Kevin Martin – Alberta (1991, 1997, 2008, 2009)
- 2005 – Rexall Place in Edmonton, Alberta – 281,985 in attendance
- Scotties Tournament of Hearts
- 1960, between the eastern champions and western champions
- Saskatchewan skipped by Joyce McKee. McKee also won in 1961 in the first tournament organized on the same format as the Brier.
- Dominion Stores Ltd, called the Diamond D Championship.
- Saskatchewan – 11
- Colleen Jones – Nova Scotia – six. (1982, 1999, 2001, 2002, 2003, 2004). Jennifer Jones of Manitoba is second with five.
- 1959 for men; 1979 for women
- Men – Sweden, seven; Women – Sweden, eight. Canada has won the greatest number of championships overall with 34 men's and 15 women's.
- 1998 – Nagano, Japan, for both men and women. Men's curling was included as a demonstration sport in 1924, 1932, 1988 and 1992, women's as a demonstration sport in 1988 and 1992.
- Mixed doubles
- 2002 in Switzerland. Switzerland defeated Canada for the gold medal.
- 1975 for men; 1988 for women
- Eve Muirhead – Scotland (2008, 2009, 2011)

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# Meet your local PSP Health Promotion Services team: Melanie Bower, Health Promotion Specialist



By Health Promotion Staff



*Melanie Bower*  
Health Promotion Specialist

**Qualifications:**

- MA Education
- BSc Health Education
- Certified Coach Practitioner
- Certificate - Supervision

I could write a book about how much I love health promotion. That's likely because I get compensated to work what I live. In my spare time I read books about health, am passionate about creating healthy and tasty meals, hike, cycle, run, and work on my mental fitness with practices such as mindfulness and being conscious of negative thinking patterns.

I've always been fascinated with all aspects of health, particularly unhealthy lifestyle practices and why many of us have such a tough time translating our knowledge of healthier behaviours into practice. As a young adult, for example, I was well aware of the negative health impacts associated with behaviours such as smoking and overeating / under-eating, yet still found myself engaging in them.

During my undergrad degree, I took a required course called Mental Health. The very first day of the course, I knew I found what would become my passion.

I'm particularly fascinated with what contributes to our happiness, joy and quality of life, particularly spiritual practices such as gratitude and meditation, and cognitive behavioural strategies such as not attaching to negative thoughts and not taking things personally.

I have had many rewarding health promotion jobs with great

organizations including Eating Disorders NS, Dartmouth Family Resource Centre, East Preston Pre-Natal Program, and Pfizer.

I welcome the opportunity and feel honoured to support those within MARLANT to learn a new skill or make a positive health behaviour change. I feel blessed to be a part of your journey to better health.

# Coming soon, the CAF Health and Wellness Challenge



By Joy Geizer,  
Health Promotion Admin Assistant

In support of the CAF Health and Physical Fitness Strategy, Strengthening the Forces Health Promotion Program will be hosting the fifth annual CAF Health and Wellness Challenge during the month of May.

Join us for the Challenge from May 1 – 31, 2016 and become part of a strategy to continue or begin practicing health and wellness behaviors and activities while accumulating points. By registering, you will receive a checklist of daily choices, as well as bonus choices to increase your number of checkmarks. The more daily choices you check off, the more points you receive. Meet the minimum checkmarks for the month of May and be entered to win great local prizes and national prizes provided by

SISIP Financial. The Challenge is open to all regular and reserve forces members, DND, NPF, MFRC, and CAF family members 18 years and older.

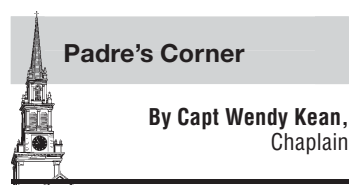
Registration began April 1 at CFB Halifax and area. By registering for the Challenge you will have access to health information, healthy eating tips, updates, and many other exclusive resources at <http://www.forces.gc.ca/healthchallenge-defisante>

Registration information will be posted at on the PSP Halifax.ca website under Health Promotion Services' What's New section <http://www.cg.cfpsa.ca/cg-pc/Halifax/EN/HealthPrograms/Pages/What'sNew.aspx> as of 1 April.

If you have questions, please contact Health Promotion Services at 902-722-4956 or via email at [hfxhealthpromotion@forces.gc.ca](mailto:hfxhealthpromotion@forces.gc.ca).

**Join the challenge and make every choice count.**

## Posting season again?



Padre's Corner

By Capt Wendy Kean,  
Chaplain

How do you know spring is coming? It's not the weather - it's rumours of posting messages. Most of us who are posted have probably been staff-checked by now. House hunting trips are being planned, renovations are being carried out to get properties ready for the market, and children may or may not yet have been told the family is moving. Those of us who can't wait to get out of Halifax are counting down the days, while those who don't want to move just yet are mentally gearing up for making the change anyway.

But what of those of us who are not posted this year? Those of us who are feeling over-looked, perhaps, or under-valued by our career shops? Those who just want a change of scenery, a change of environment? Or those who are content to stay put, but

who face saying good-bye to a good friend and colleague?

There is a particular kind of sadness about being left behind. I remember living in PMQs in Borden, and watching the moving trucks roll up in June to move our children's friends away. New friends moved in by August, but there was this sense of being outside of this most central experience of military families.

I wonder what it is like to live in the same town from childhood to old age. To grow old with the same friends, and to celebrate life's milestones in the middle of a social circle that changes very little. To have that confidence of knowing and being known in all the complexities of who you are by the same, safe people. This is not the experience of military personnel or their families. Instead of being known deeply by a community, we find ways to make ourselves at home, whether it's by getting involved in a local religious community, or seeking out a new recreational sports team. It's not the same, but it can be very good.

## What's in a box? A lot, if it is box 43 of your T4

By Pierre S. Goulet,  
CFP, FMA, FCSI, Associate VP,  
Client Services Delivery, SISIP  
Financial

Back in 2004, legislation was passed awarding tax exemptions to CAF members on hazardous and moderate to high-risk missions. At the time of its introduction, some 3,000 CAF members and police officers qualified for this tax break; the goal being to improve quality of life for those who risk theirs, in defence of Canadian interests. A noteworthy and altruistic goal, for sure.

For personnel deployed on high-risk missions (those assessed by the Department of National Defence as carrying a risk score between 2.50 and 4.00), tax relief is automatically provided for the period during which the mission is assessed as being high-risk.

For moderate-risk missions (carrying a risk score between 2.00 and 2.49) tax relief is

provided when the mission has been designated as such by the Minister of Finance, and only for the period during which the mission is assessed as being moderate-risk.

For eligible CAF members (those who fit either of these two mission categories) this means that they may claim a deduction against their taxable income in respect of income earned. In other words, the income earned during the members at risk mission is deemed non-taxable (tax-free). As such, the amount shown in Box 43 of your T4 slips will be deducted from earned income and therefore they will have less income tax to pay. For Quebec residents, the same amount should appear in Box A-7 of your RL-1 slip.

The resulting surplus in funds is a great boon and provides members with considerable savings opportunities to plan for their future. For planning strategies to fit your financial needs, consider a visit to your

on-base/wing SISIP Financial advisor or online at [www.sisip.com](http://www.sisip.com)

If you file online using certain NETFILE software products, certified by the Canada Revenue Agency (CRA), and are fully registered for My Account, you can use the new Auto-fill my return service making the online filing process that much simpler. The Auto-fill my return is meant to simplify the online filing process, by automatically filling in certain fields of your income tax return for you, it does not file your taxes for you.

CRA online services are fast, easy, and secure. You can use them to help file your income tax and benefit return, make a payment, track the status of your return, register for online mail, apply for Child Benefits and more. Access the CRA's full suite of self-service options – register for My Account today, and start managing your tax matters online.

## La case 43: une petite mine d'or

Par Pierre S. Goulet,  
CFP, CGF, FICVM, VP associé  
de la prestation des services à la  
clientèle, Financière SISIP

En 2004, une nouvelle loi a été adoptée afin d'octroyer des exonérations fiscales aux membres des FAC qui participent à des missions dangereuses et dont le degré de risque est modéré ou élevé. Au moment de sa mise en vigueur, environ 3 000 membres des FAC et policiers étaient admissibles à cet allègement fiscal, dont le but est d'améliorer la qualité de vie des personnes qui mettent leur vie en péril pour

défendre les intérêts canadiens. Il s'agit là d'un objectif tout à fait remarquable et altruiste.

Le personnel affecté à des missions à haut risque (dont la cote de risque se situe entre 2.50 et 4.00 selon le ministère de la Défense nationale) profite automatiquement d'un allègement fiscal durant la période de la mission présentant un risque élevé.

Le personnel déployé au sein de missions à risque modéré (dont la cote de risque se situe entre 2.00 et 2.49) profite d'un allègement fiscal, lorsque le ministre des Finances établit ainsi le degré de risque uniquement pour la période

de la mission présentant un risque modéré.

Les membres des FAC admissibles (les personnes faisant partie de l'une de ces catégories de mission) peuvent donc demander une déduction de leur revenu imposable relativement au revenu gagné. Autrement dit, le revenu que les membres ont généré au cours d'une mission risquée est réputé non imposable (exempt de taxe). À cet effet, le montant figurant à la case 43 du relevé T4 sera déduit du revenu gagné, ce qui réduira la somme d'impôt à payer. Les résidents du Québec devraient voir le même montant figurer à la case A-7 du relevé RL-1.

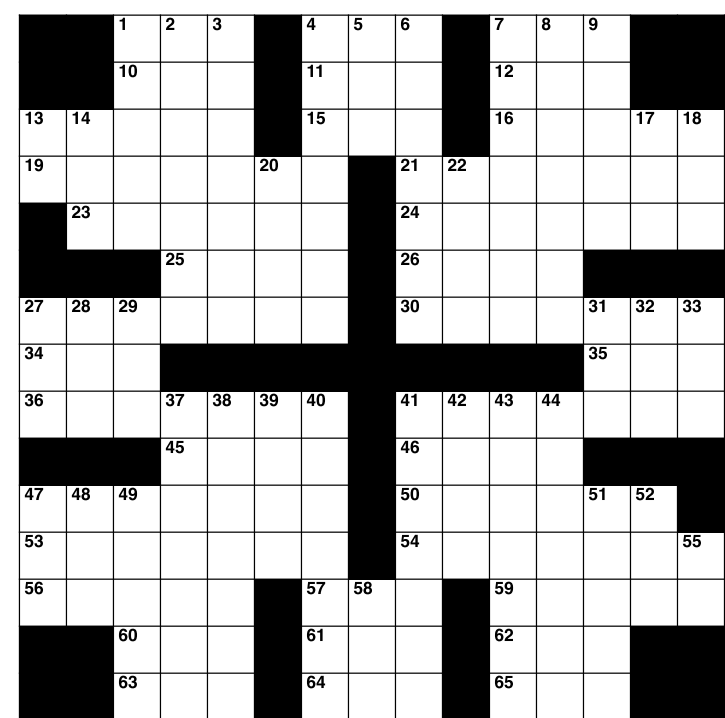
L'excédent de fonds est une

véritable bénédiction et permet aux membres de réaliser des économies considérables et de préparer leur avenir. Pour élaborer des stratégies qui conviennent à vos besoins financiers, rencontrez le conseiller financier de la Financière SISIP de votre base ou escale ou visitez le [www.sisip.com](http://www.sisip.com).

Si vous produisez votre déclaration de revenus au moyen de certains logiciels IMPÔTNET homologués par l'Agence du revenu du Canada (ARC) et si vous êtes dûment inscrit à Mon dossier, vous pouvez avoir recours au service Préremplir ma déclaration, qui simplifie grandement le processus. La fonction Préremplir ma déclaration permet de faciliter le

processus en ligne en remplissant automatiquement certains champs de votre déclaration de revenus. Attention, elle ne produit pas votre déclaration à votre place!

Les services en ligne de l'ARC sont rapides, conviviaux et sûrs. Utilisez-les pour faciliter la production de votre déclaration de revenus et de prestations, faire un paiement, consulter l'état de votre déclaration, vous inscrire au courrier en ligne, remplir une demande de prestation fiscale pour enfants et bien plus! Tirez avantage de toutes les options libre-service de l'ARC en vous inscrivant à Mon dossier dès aujourd'hui et commencez à gérer votre dossier fiscal en ligne.



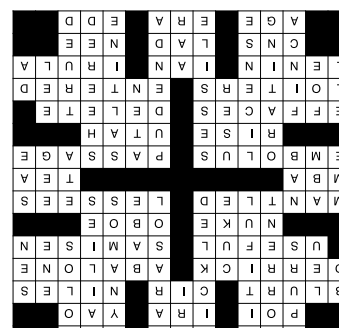
- Hawaiian dish
- Retirement account
- Basketball player Ming
- Say suddenly
- Carbon isotope ration (abbr.)
- Frasier Crane's brother
- Framework over oil well
- Edible mollusk
- Handy
- Japanese banjo
- Microwave
- Double-reed instrument
- Covered
- Leaseholders
- Master of business
- Herb
- Blood clot
- Route
- Reach a higher position
- American state
- Erases
- Expunge
- Waits around idly
- Came into
- Nikolai \_\_, Bolshevik theorist
- 007's creator
- Dravidian language
- Central nervous system

- Male child
- Born of
- A period of history
- A major division of geological time
- Doctor of Education
- CLUES DOWN
- Prods
- Tempest
- Miserable
- Excited
- Temindung Airport
- Provides shade from the sun
- Generators
- Newspapers
- Unaccompanied flights
- Bahrain dinar
- Romanian currency
- Between northeast and east
- London Southend Airport
- Cucumber
- Lovable pig
- Woman (French)
- Defensive nuclear weapon
- Clutch
- Seventh letter of the Greek alphabet
- Records electrical activity
- Car mechanics group

- Speaking
- A formal permission
- Exploiter
- Affixed
- External genitals
- Deity
- Eat these with soup
- Swerved
- Connects two pipes
- Challenger
- Ranch (Spanish)
- Righted
- Fatty-fleshed fish
- Prosecutes alleged criminals
- Swiss river

**CLUES ACROSS**  
1. Engine additive

4. Recipe measurement (abbr.)  
7. Tooth caregiver





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