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No sadness, only celebration: HMCS *Preserver* paid off after 46 years

By Ryan Melanson,
Trident Staff

As current and former sailors, along with friends and family, gathered to say goodbye to a Royal Canadian Navy workhorse after nearly five decades of service, the current commander of MARLANT and JTFA made it clear that October 21 was not a day for sadness.

The day marked the paying off ceremony for HMCS *Preserver*, the last of the RCN's Protecteur-class auxiliary oiler replenishment ships. And while there were certainly emotions as a large crowd looked on, including many former Commanding Officers and crewmembers, RAdm John Newton called for celebration of the ship's consistent and faithful service.

"There's no sadness in my mind today, only celebration of 46 years of world-class capability sailing the globe," he said.

When *Preserver* was commissioned in Saint John, New Brunswick on August 7, 1970, she and her sister ship, HMCS *Protecteur*, were an example of cutting-edge technology and modern underway replenishment procedures. As RAdm Newton described it, "They allowed our Navy to act big. These ships gave the Navy global reach, sustainability, fast deployment when called to action by the government, and



Crewmembers of HMCS *Preserver* hand along the ship's final pennant during *Preserver's* paying off ceremony in HMC Dockyard on Friday, October 21, 2016.

MONA GHIZ, MARLANT PA

a great utility in coalition for food, stores and fuel, which were and are always in short supply."

Among the crowd were a few who made up the very first crews to board the ship, and RAdm Newton mentioned retired sailor Gerry Curry, who made it a point to be there see the ship out, just as he saw her in back in 1970.

"I spoke to Gerry and what I took from his words is that *Preserver* inspired him from the first time he stepped aboard it in 1970, and it continued to inspire him

throughout his career and into retirement, like it did for so many."

The ship deployed and supported Canadian and allied task groups on missions around the world through its life, beginning in the Cold War years and continuing well into the 21st century. Some of those were highlighted during the paying off, including UN peacekeeping efforts in Cyprus, enforcing sanctions in the former Yugoslavia in 1994, the response to the crash of Swis-

sair Flight 111 in 1998 off Peggy's Cove, and Operation APOLLO in 2001, in support of American operations in Afghanistan.

"We can all take something from the stories of accomplishments and operations and friendship that get told when a member retires, and for just a few hours we slow down enough to celebrate a shipmate, or in this case, a ship itself," RAdm Newton said, before encouraging those in attendance to share their own stories and a few laughs about

their times on board.

For LCdr Vicky Marier, the final CO of *Preserver*, the day was about reflecting on the difficult job handed to her and her crew, to prepare the ship for its decommissioning. And while she gave a heartfelt thank you to all of those who helped make *Preserver* the outstanding ship it was through the years, she focused a special shout out on those who served under her command and marched off the ship for a final time at the ceremony.

"Without them, I would not have been able to accomplish the mission that we set out on," she said, adding a reference to the ship's motto as she prepared to say goodbye to the tanker ship.

"If a frigate is the eyes, ears and hands of the Royal Canadian Navy, then surely *Preserver* was the heart of our fleet."

Official aspects of the paying-off ceremony included a sailpast from HMCS *Ville de Quebec* and the ceremonial passing of the commissioning pennant along the deck. The crew, followed by their CO, marched off the ship, the commissioning pennant, jack and ensign were presented to LCdr Marier, who then in turn presented them to RAdm Newton. With the paying off official, the crew marched past the MARLANT Honour Guard and down the jetty, to loud cheers from all those in attendance.

Ship's wheel from HMCS *Niobe* returns home

By Darlene Blakeley,
Senior Editor and Writer,
Navy PA

An historic part of Canada's naval past has returned home after nearly 100 years.

The ship's wheel from HMCS *Niobe*, one of Canada's first two warships, has been acquired by the Canadian War Museum in Ottawa.

Niobe saw active service in the First World War and its crewmembers played a significant role in responding to the 1917 Halifax Explosion.

The Canadian War Museum purchased the wheel from the Camden Shipyard and Maritime Museum in New Jersey with the support of the National Collection Fund, which was created to

acquire and conserve artifacts of significance to Canada's heritage.

The acquisition comes as the Royal Canadian Navy (RCN) marks *Niobe* Day, celebrated annually on October 21.

"The process to acquire *Niobe's* ship's wheel took place over the past year after the museum in New Jersey approached us to see if we wanted it," says Jeff Noakes, Second World War historian at the Canadian War Museum. "We are excited to have it back in Canada."

Noakes says that the acquisition of the wheel is "one of those fascinating stories about how objects like this can go around the world and then come back to Canada." The Canadian War Museum also has one of the ship's wheels from HMCS *Rain-*



The ship's wheel of HMCS *Niobe* is now at the Canadian War Museum.

SUBMITTED

bow, the second of Canada's first two warships.

Niobe's wheel requires conservation work before it can be displayed. At over 158 kilograms, with a diameter of two metres, the wheel also needs a custom-

made stand.

"This was the largest remaining artifact from *Niobe*," Noakes says. "We had a rare opportunity to acquire something of importance to Canada's naval history. We were in a position to take advantage of the opportunity and are thrilled that we will be able to preserve the wheel for present and future generations."

Launched in 1897, *Niobe* served with the Royal Navy until 1910. That year, it was purchased by the newly formed Naval Service of Canada, which became the RCN in 1911. *Niobe* arrived in Halifax on October 21, 1910, making it the first Canadian warship to enter Canada's territorial waters. *Niobe* was the main sovereignty patrol and training vessel on the East Coast before

seeing active service early in the First World War. By 1915, requiring extensive repairs, it became a depot ship in Halifax.

On December 6, 1917, the *Mont Blanc*, carrying a cargo of explosives, collided with the *Imo* in the Halifax Harbour. When a fire broke out on the *Mont Blanc*, *Niobe's* Acting Boatswain Albert Charles Mattison led a rescue attempt of six men in the ship's pinnace, a small steamboat. As the men approached the *Mont Blanc*, it exploded, killing them instantly, destroying the pinnace, damaging *Niobe* and devastating much of Halifax.

For their rescue efforts during the explosion, Acting Boatswain Mattison and Stoker PO Ernest

See HMCS *NIOBE* / Page 2

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Leadership breakfast inspires us

By Cdr Dave Colbourne and Cdr Geoff Steed, co-directors NDWCC

Leadership does not always come from the top. You can be a leader in your own right. We are partially through this year’s National Defence Workplace Charitable Campaign (NDWCC) and we look to people like you to become a leader in any way that you can.

Whether it is through volunteering your time at a community centre, sorting canned goods at a local food bank or by donating to the NDWCC, you are showing leadership.

A Leadership Breakfast was held at the Juno Tower Dining room on October 19 to a near-capacity group of senior Defence Team leaders, other Federal Departments leaders and those interested in learning about becoming a Leadership Donor. The Base’s Food Services team provided a delicious meal for a very reasonable price, with over \$1,000 in proceeds going to support NDWCC.

What was most inspiring were the testimonials from various representatives of the charities we support. By knowing that your donations are being channeled to HealthPartners charities and local agencies supported by United Way that make a tangible impact in your neighbourhood, there is a richer sense of community spirit and reward.

Denise Green, the Director of



L to R) Col Peter Allen, Wing Commander 12 Wing; Miia Suokonautio, YWCA; Denise Green, United Way; Jennifer Roberts, HealthPartners; Capt(N) Chris Sutherland, Base Commander CFB Halifax; and Cdr Dave Colbourne, Base Administrative Officer participate in a recent Leadership Breakfast to inspire leaders to support the great work and community spirit achieved through NDWCC.

MIKE BONIN, CFB HALIFAX PAO

Development and Engagement from United Way of Halifax spoke of short video clips that demonstrated that point eloquently.

“Brad” had a break-up and found himself suffering from anxiety and depression. He ended up living in a shelter, but through the support of the United Way, he was able to move into his own peaceful and safe apartment. “Melissa” was in a bad relationship and had a new baby at home. Through support and encouragement from a centre, she was able to regain back her life and pride.

According to Miia Suokonautio, Executive Director of YWCA

Halifax, “Our partnership with the United Way is the gold standard in supportive community funding. Together we create outcomes. For example, we assist the 17 year-old single mom who moves out of Phoenix House into a supportive housing unit that is managed by YWCA.”

“Our health reminds us of the relative frailty of life,” stated Jennifer Richards from HealthPartners. Eighty-seven per cent of us will be affected in some way by one of the health agencies we support.

“None of the valuable work, research and support would be possible if it were not for your

overwhelming support.”

As Base Commander Capt(N) Chris Sutherland, (a proud Leader Donor) stated, “As leaders, it is up to us to make our team aware of the steady support needed by the United Way and Health Partners. Through our donations, we are literally helping Halifax and people achieve their life goals”.

By contributing \$1,000 or more, you can become a Leader Donor. For only around \$40 per pay, you, as a Leader Donor can provide great opportunities to those who are less fortunate than us. Along with the feeling of knowing that your support will go a long way to assist literally thou-

sands of registered charities across Canada, you will know that you are making a difference right here at home or wherever you wish. By contributing in any way that you can, your donation to NDWCC can go a long way. If all of us considered a small contribution of only \$5.00 per pay (the cost of a burger and fries or a specialty coffee) we would make an overwhelming positive influence in our neighbourhood. Through the power of teamwork and leadership, the Defence Team can show that we are part of the community and we are invested in its success.

Giving to Health Partners means supporting up to 16 national charities that directly support us in improving our overall health and developing medicines and programs to overcome diseases that affect all of us.

By choosing to donate to United Way Halifax, you will be assisting 49 local bona fide agencies that have a direct and positive impact in our community. Your donation will assist people move from poverty to possibility. Imagine assisting a person muster up the confidence to apply for a job or funding a community health nurse’s pre and post-natal visits. As an option, you can donate to our very own charities: the MFRC or HMCS *Sackville*, keeping your donation internal and specific.

It’s time to show your leadership and contribute to the NDWCC today.

BIS personnel send bosses to brig in support of NDWCC

By Ryan Melanson, Trident Staff

Members of CFB Halifax Base Information Systems had the opportunity for a little bit of fun at the expense of their superiors recently, participating in the unit’s Send your Boss to the Brig! event in support of NDWCC.

Personnel were able to nominate their bosses to be locked up for only \$10 each per 15 minutes in the mock jail cell, set up for the day outside Trinity(S89). In order to be released early, the “accused” was required to post bail by matching all of the donations made to lock them up, which granted them a full pardon. Members of the unit Command Team were also out to provide some comedic interrogations of the prisoners while they were locked up.

The collection crew had two vans going back and forth from 9 a.m. - 3 p.m., collecting those who were being sent to the brig, and bringing them back to work after serving their time.

PO1 Lyndon Anderson, this year’s BIS unit coordinator for NDWCC, said the mock jailing was just one of the fundraisers the unit has planned to raise money in support of the United Way and HealthPartners this year.

“The intent is to raise money for NDWCC, but it’s also to engage esprit de corps within the



BIS civilian Michael Hatt (left) and BIS Commanding Officer Cdr Seana Routledge were the first to be locked up in the mock jail cell outside S89 for the unit’s NDWCC fundraiser.

RYAN MELANSON/TRIDENT STAFF

unit and have a little bit of fun,” he said.

MS Sean Puszkas was the OPI for the fundraiser, building the 4x4 foot cell himself out of recycled pallet materials. He said the jail cell idea came about as a fun way to bring in some cash without taking too much time

away from each individual “But I’m a fifth-generation sailor, so if you ask me it’s not called a jail cell, it’s got to be called the brig,” he added.

The effort brought in \$235 for the NDWCC campaign through the day, and MS Puszkas said he was thrilled with the results,

thanking everyone who helped with the preparations as well as the teardown following the event.

“To see a unit come together like this in busy times is a great direction for the unit and moreover a positive first impression to a newly posted MS to the BIS family,” he said.

HMCS *Niobe*

continued from / Page 1

Edmund Beard were posthumously awarded Albert Medals, both of which are also part of the Canadian War Museum collection.

Following repairs, *Niobe* resumed its duties as a depot ship but was sold as surplus after the war and scrapped in the United States in 1920. The wheel was displayed at the Merchantville Country Club in New Jersey before being donated to the Camden Shipyard and Maritime Museum.

“There are certain objects on a ship that represent its heart and soul – like the ship’s wheel or the ship’s bell,” says Rick Sanderson, Director of the Naval Museum of Halifax. “We have *Niobe*’s bell here, and other objects from the ship are located in different parts of the country.”

In fact, Sanderson helped identify an anchor uncovered in Halifax Dockyard in 2014 as being one of *Niobe*’s from when it was a depot ship post-1916.

“It’s important that these objects, as pieces representative of the RCN’s beginnings, be kept in the country as much as possible,” he adds. “It was ideal that the Canadian War Museum could take *Niobe*’s ship’s wheel - it’s a very positive development for the navy.”

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HMCS *Glace Bay* sailors reunite Cape Breton community

By LCdr Emily Lambert,
Coastal Warfare Officer,
CANFLTANT
Coastal Division

On September 18, 2016, friends, family and the community of Cape Breton gathered to celebrate a milestone in one of Sydney, NS’s prominent figures, Dr. Winnifred Chafe.

Mrs Winnifred (Winnie) Chafe is HMCS *Glace Bay*’s ships sponsor and will turn 80 years old on December 25 2016.

Winnie is an icon in the community who has spent a life time playing her fiddle and bringing the wonderful sounds of music into the heart of the community.

September 18, was a date chosen so that people from the community could attend to celebrate her lifetime achievements. Many members of the community, includin Mayor Cecil Clarke, family members, and members from the RCN who have sailed onboard HMCS *Glace Bay* were in attendance.

Mrs. Winnie Chafe was born in Cape Breton and was the first woman to become International Fiddling Champion in Pembroke, Ontario.

Winnie is still a very active member and prominent figure in her community. She teaches classical and Cape Breton Scottish Fiddle Music and has lectured on the History of Celtic Fiddle Music.

Winnie has also performed for royalty and received two honorary doctorates in recognition of her contribution to the legacy of Cape Breton’s music.



CPO2 Rick Bungay, HMCS *Glace Bay* commissioning crew member; Dr. Winnifred Chafe, *Glace Bay*’s ship’s sponsor; LCdr Emily Lambert, former XO *Glace Bay*; and Cecil Clarke, Mayor of Cape Breton, at the celebration of Winnie Chafe’s 80th birthday.

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In fact, many of Winnie’s fiddle students attended this momentous celebration.

Winnie has spent many years playing music for all different types of audiences, but on the day of her 80th celebration it was her turn to enjoy wonderful music played by her students and friends.

Anyone who has had the chance to meet Winnie knows how actively involved she is with the ship, corresponding regularly with the crew and helping to plan Namesake City visits.

Winnie’s personality has made her a very warm, giving, vibrant,

caring individual felt by many who have had the pleasure of meeting her and her daughter Pat Chafe and who have heard her and her daughter play music.

Winnie has often seen herself as an honorary “mom” to the crew of HMCS *Glace Bay*. She always has a warm embrace for all the sailors onboard when the ship visited Sydney, NS and glows with pride when she talks about the ship and the crew.

Glace Bay has had many successes in the last few years. Of particular note was in 2014 during the OP CARIBBE deployment, when *Glace Bay* had a

major drug seizure resulting in 97 bales of cocaine being taken off the street.

Following the return home, the ship was awarded the Admiral’s Cup.

The Admiral’s Cup is awarded each year to the ship that demonstrated the best overall efficiency, morale and leadership.

This was the first time that an MCDV has won the cup since its inception in 2004. *Glace Bay* recently conducted a Namesake City visit to Sydney, NS in October 2015 before the ship went into refit.

Glace Bay is due to come out of refit and will be sailing again in early 2017.

Anyone who has served onboard *Glace Bay* is proud of the ship and boasts about how supportive the community is of its sailors.

From all the sailors who have sailed onboard *Glace Bay*, we just want to wish “mom” a very Happy Birthday.

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Remembrance Day 2016

Remembering and supporting HMCS Sackville

By Cdr (ret'd) Len Canfield,
Canadian Naval Memorial Trust

The volunteer Canadian Naval Memorial Trust that maintains and operates the iconic Second World War corvette HMCS *Sackville* is one naval support organization that ably demonstrates that family ties and remembrance run deep in the naval community.

The Trust's mission is to preserve Canada's Naval Memorial in perpetuity to ensure that future generations of Canadians can have a tangible link to the significant achievements of the Royal Canadian Navy.

In this regard the Trust relies on new members (trustees) and donor contributions to support ship operations and numerous naval and community events. Plans call for the 75 year-old veteran of the Battle of the Atlantic to be housed in the innovative, architecturally striking Battle of the Atlantic Place on the historic Halifax waterfront.

The current 1,000-plus membership represents a cross-section of Canadian society and includes annual and life members.

It is the latter category that has generated considerable interest among annual members who wish to upgrade and those considering joining the Trust.

In many cases it's a family connection with *Sackville* and other naval ships and establishments that is a primary reason for becoming a lifer.

Meredith Westlake of Ottawa, who comes from a naval family, is representative of annual members who have become life members.

Her father, the late LCdr Murray Knowles, served during the Battle of the Atlantic including commanding the corvette *Louisbourg* and was an early supporter of the CNMT and restoration of *Sackville*.

Following her father's passing, Meredith acquired his Trust membership number and joined her brother Stephen Knowles and husband Cdr (ret'd) John Westlake in continuing LCdr Knowles' support of the Trust and ship.

Capt(N) (ret'd) John Pickford of Hammonds Plains, NS, held a number of appointments during his career including commanding officer of HMCS *Athabaskan*, flagship of Canada's Naval Task Force contributing to the UN coalition to liberate Kuwait during the Persian Gulf War 1990-1991, and project manager of Canada's Naval Centennial.

He became a life member on assuming the life membership number of his father, the late RAdm R. J. (Jack) Pickford of Ottawa who commanded the corvette *Rimouski* (1942-1943) as a young lieutenant and would go on to serve as Deputy Maritime Commander and Commander Maritime Forces Pacific.

"When I'm onboard *Sackville* I think of my father and all those who served in corvettes during the Battle of the Atlantic

and the hardships they endured but also the success they achieved in the most trying conditions.

It's an honour to assume his life membership number," he explains.

Cdr Richard Oland of Halifax, another life member, served as commanding officer of HMCS *Goose Bay* and HMCS *Scotian*.

He comes from a family with a lengthy record of military service including his late great uncle Capt(N) J. E. (Eric) Oland who served as naval officer in charge Saint John, NB during the Second World War and commissioned *Sackville* in Saint John in 1941; and his father, the late Cmdre Bruce Oland, who served as commanding officer of *Scotian* and Senior Naval Reserve Advisor.

Not all life members are advanced in years and careers but have abiding interest in *Sackville* and Canada's rich naval heritage.

David Harrison of Halifax, whose grandfather, the late William Thomas Harrison, served in the minesweeper *Georgian* (1944-1945), says he grew up in a household where history was a popular topic.

David, in his 20s and active in a reenactment group said "... After meeting with CNMT Executive Director Doug Thomas and *Sackville*'s captain Jim Reddy on New Year's Day 2014, I decided to become a life member to preserve my grandfather's memory and to support *Sackville* by volunteering as a guide. It's been a great experience and helped me to improve my RCN living history background."

Cdr (ret'd) Patrick Charlton, co-chair of CNMT's membership committee says, "The Trust has been able to operate for more than 30 years due to the generosity and financial support of trustees and others from across the country and the corporate community.

For many, it is a deeply personal remembrance that motivates them to have a connection with the Trust and to maintain HMCS *Sackville* as Canada's Naval Memorial."

Remembrance and support can take several forms including a memorial membership to honour a relative who has passed away, including memberships for children and grandchildren in memory of a deceased family member.

A Life Membership is available for a one-time donation of \$1,000, while an annual membership requires a yearly contribution of \$75.

An In Memoriam donation honours a life of someone special with their name placed in HMCS *Sackville* Book of Remembrance.

In addition, there are a number of Donor categories (covering individuals, military units, civilian groups or companies) with appropriate recognition. For more information, contact membership@canadasnavalmemorial.ca or exccdir@canadasnavalmemorial.ca /Tel: (902) 721-1206.



David Harrison of Halifax is a life member of the Canadian Naval Memorial Trust and also is one of HMCS Sackville's guides.

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Legion

Public Notice

The members of Centennial Branch 160, Royal Canadian Legion, located at 703 Main St, Dartmouth, wish to thank all residents of our Dartmouth community for your generous donations and support in last year's Poppy Campaign. Donations totaled a little more than \$74,000.00 and with a combination of those donations and existing funds we were able to provide the following:

- just over \$32,000.00 to Veterans, their families, and Seniors in our community through the Service Officers;
- just under \$32,000.00 was provided to the Call to Remembrance Literacy and Poster Contest, Cadets and post High School Bursaries;
- just over \$21,000.00 to Dartmouth General Hospital towards the purchase of an Assist Arm for Orthopedics, Endoscopic Ear equipment and Lifts for Camp Hill. Thank you and we look forward to your continued support for the 2016 Poppy Campaign from 28 Oct to 11 Nov 2016. Prepared by Comrade Joanne Geddes, 1st Vice & Poppy Chair, Centennial Branch 160, Royal Canadian Legion.

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Remembrance Day 2016

The Lost Boys of 406 Sqn RCAF

By **WO Dave Rowe;**
406 Maritime Operational
Training Squadron

At the Runnymede Memorial in Surrey, United Kingdom, plaques bear the names of some 20,000 allied airmen who gave their lives during the Second World War, and whose final resting place is unknown. To this day, efforts are ongoing to investigate any leads that might identify the locations of these heroes.

406 Sqn RCAF, formed May 10, 1941 at Acklington, UK, as a Night Fighter Squadron, is among the many RCAF Squadrons who lost personnel in the fight for the liberation of Europe. This is their story.

As the 406 Squadron Historian, and with our 75th Anniversary in full swing, one of my goals was to create as large a database as possible of documentation relating to our unit. What began as a digitization project, however, quickly turned into investigations into mysteries over 70 years old, unlocking some, and bringing new questions to light. As of November 2015, the list of names of our fallen totalled 28.

These names are engraved on our honour roll and are displayed in a place of prominence; greeting all who pass through our doors and reminding us of the serious nature of our chosen service.

As I began research however, it soon proved that list to be incomplete.

The further we investigated, the more names appeared, bringing our list of fallen to 38, including three personnel killed in the 1954 crash of a B-25 Mitchell in Saskatoon, Saskatchewan. As we discovered these names, and brought to life their stories, we noted that we had only had the locations of 28 of their final resting places.

The others, our Lost Boys, are only listed at Runnymede.

Our Commanding Officer coined the phrase Lost Boys and it could not be more apt.

They were lost in the fog of war; with only plaques, no graves, no headstones. Or were they? In the process of accumulating as much information as we could, we stumbled across some startling information. Records found in the personnel files of our fallen, began to shed light on possible answers.

The first success was that of the resting places of F/O Green, and P/O Hillyer (RAF), shot down 25 July 1944. They weren't lost at all, their resting places were recorded, but had not been passed to the proper authorities. Case closed, and hope of more success loomed.

March 4, 1945, we lost F/O Oswald, and P/O Hicks, over the Zuider Zee, Holland. Oswald's body was recovered, and positively identified.

On that same day, another fisherman recovered the body of an RCAF Observer (Nav) Flying Officer Rank.

The research teams, after ensuring no other missing airmen could be linked to that body, concluded that it must be that of P/O Hicks.

Sadly, it appears that none of the supporting documentation and reports made it to the Commonwealth Graves Registration Commission (CWGC), who declared in 1950 that there was no evidence of Hicks' remains, and he was declared lost at sea. We will be submitting all of the found documentation, in the hopes that the CWGC will accept the findings, and list F/O Hick's resting place at Amersfoort Cemetery, Holland.

A month short of the war's end, 406 Sqn lost one of its most experienced crews, F/Lts Trewin and Kennedy, on a Ranger Sortie to the Altenburg region of Germany.

In 1948, the Berlin detachment of the RAF Graves Unit, received word of a crashed Mosquito, the crew buried nearby.

The team had a list of missing RAF crews, not RCAF. With but

one missing Mosquito crew from 142 Pathfinder Sqn, RAF, the assumption was made that the 142 Sqn crash site had been located and the details submitted accordingly. The CWGC either did not receive the information, or denied it.

Accordingly, the 142 Squadron crew of F/Lt Pudsey, DFM, and P/O Morgan, DFC, is still listed on plaques at Runnymede.

After painstaking research, and through close cooperation between 406 and 142 Sqn, there is almost no possibility of the bodies being Pudsey and Morgan.

This leaves us with only Trewin and Kennedy unaccounted for. Efforts are underway through entreaties to former Squadron members serving in Europe to investigate the crash site to determine if enough wreckage remains to positively ID it as a Mosquito Night Fighter Mark XXX, of 406 Sqn RCAF.

In a letter to the family on one of our fallen, our first Canadian Commanding Officer, WCdr Robert Carl "Moose" Fumerton, said, "Your son's name and memory will be forever honoured by all of us for the unselfish sacrifice he has made in the cause of

freedom and in the service of his country. We shall forever, remember them."

We will have to accept that some of our Lost Boys will remain as such, but we must try to remove as many as possible from that list.

The members of 406 Squadron today remain committed to honouring this pledge; to finding our Lost Boys and ensuring they are never forgotten.

406 Squadron's Lost Boys are:

Pilot – F/Lt William Ronald Rutherford Sutton, July 25, 1944

Nav – F/O George Bishop, July 25, 1944

Nav - F/Lt Peter Talbot Reid, December 11, 1944

Pilot - F.O James Francis Lawless, December 11, 1944

Pilot - F/O Charles Ernest Sleeman Hamlyn-Lovis, February 8, 1945

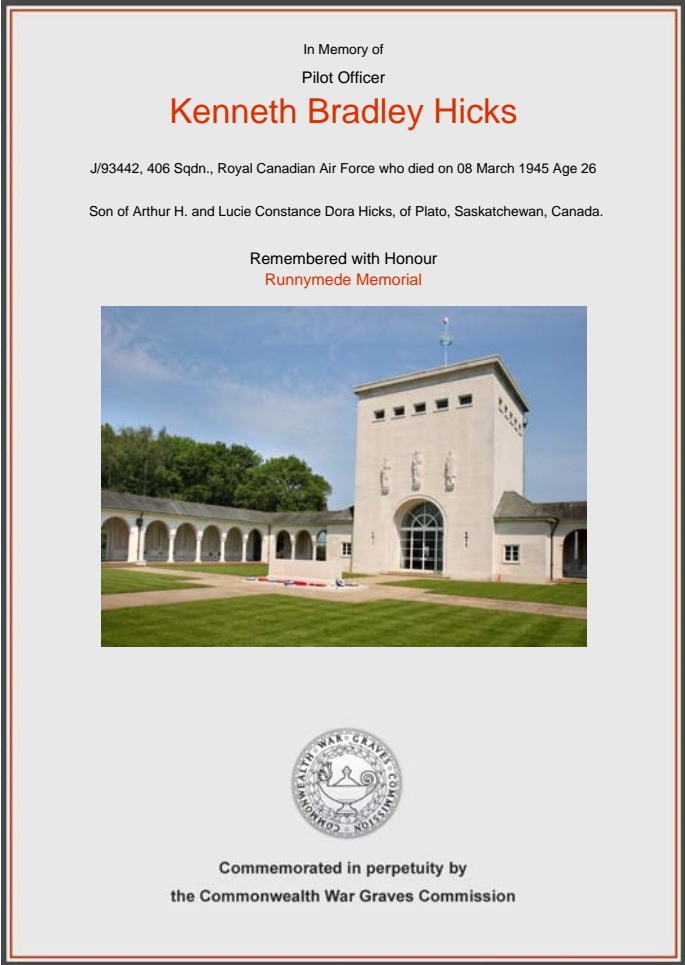
Pilot - F/O Ralph William Donovan, March 4, 1945

Nav - F/O Victor Grant, March 4, 1945

Nav - P/O Kenneth Bradley Hicks, March 8, 1945

Pilot - F/Lt Thomas William Trewin, April 5, 1945

Nav - F/Lt John Ballentyne Kennedy, April 5, 1945



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Lr. Sackville, NS
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Office 902-865-4583
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Wed 10am-10pm
Thurs 10am-11pm
Fri 10am-1am
Sat noon – 10pm
Sun noon-6pm

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Halifax, NS B3K 5X5
Main office 721-8350
PMC 902-471-3613
Fax 902-429-1710
Fleet Club closed Nov. 11
Remembrance Levee at C & POs' Mess
Doors open noon

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Lots of events happening

We, the members of the following Royal Canadian Legions, Associations and Messes, hold high the torch for future generations.



Remembrance Day 2016



New coin commemorates Battle of the Atlantic

During a ceremony in HMCS Sackville on Thursday, October 20, the Royal Canadian Mint unveiled a new two-dollar circulation coin commemorating the 75th anniversary of the Battle of the Atlantic. Guests at the launch included RADM John Newton, members of the Canadian Naval memorial Trust, and Battle of the Atlantic veterans. From left to right: Norm Crewe Merchant Navy veteran, Earle Wagner, Merchant Navy veteran, Verne Toole, Royal Canadian Navy veteran, and Angus McDonald, British Merchant Navy veteran.

SANDY MCCLEARN, PENG., PMP, LEED AP BD+C

Remembrance 2016 events

By Virginia Beaton,
Trident Staff

From October 14 to November 13, a commemorative exhibition entitled *From Vimy to Juno: Canada in France 1914-45* will be at the Halifax Central Library at 5440 Spring Garden Rd. This national travelling exhibition explores the connections between defining moments in Canadian history and the experiences of Canadians who fought in both world wars.

From Vimy to Juno was developed by the Juno Beach Centre, Canada's only museum on the D-Day Landing beaches in Normandy, France.

This initiative was launched to commemorate a number of important Canadian anniversaries and milestones, including the 100th anniversary of the Battle of Vimy Ridge in 2017 and the 75th anniversary of D-Day and the Normandy Landings.

On Friday November 11, the annual Remembrance Day Parade and Ceremony will take place at the Grand Parade Cenotaph in Halifax.

At 10:40 a.m., the parade departs Barrington St. for the Grand Parade. At 10:58 a.m. the ceremony begins.

On Friday, November 11 from 10 a.m. - 2 p.m., the Halifax Citadel National His-

toric Site will offer free admission. Parks Canada and the Halifax Citadel are pleased to take part in Remembrance Day celebrations in Halifax on November 11. Starting at 11 a.m., the 1st Field Artillery Regiment will fire a 21-gun salute followed by the noon gun. The Army Museum will be open to visitors from 10 a.m. until 2 p.m.

Take the opportunity to see the Army Museum's First World War exhibit, Road to Vimy and Beyond, which honours the sacrifice of the soldiers, many of them from Nova Scotia.

For more information on all the events taking place at the Halifax Citadel National Historic Site, call 902-426-5080 or visit www.parkscanada.gc.ca/halifaxcitadel

On Saturday, November 12 at 2 p.m. at the Halifax Central Library, Maritime Forces Atlantic will present the 15th annual 'Til We Meet Again concert, featuring the superb music of The Stadacona Band of the Royal Canadian Navy and special guest performers in support of the Camp Hill Veterans' Memorial Garden at the QEII Health Sciences Centre. Don't miss this inspiring afternoon of wartime favourites and modern music. Admission is free.

Stadacona Band 'Til We Meet Again concert

By PO2 Michel Wade,
Stadacona Band of the Royal Canadian Navy

The Stadacona Band of the Royal Canadian Navy, under the direction of our recently arrived Commanding Officer Lt(N) Patrice Arsenault, is pleased to announce the annual 'Til We Meet Again concert at the Halifax Central Library, 5440 Spring Garden Road in Halifax, on November 12, 2016.

The performance will begin at 2 p.m. We are also excited to announce that this year, admission is free. An annual tradition in Halifax for 15 years and counting, this year's performance is in support of the Camp Hill Memorial Gardens at the QEII Health Services Centre. Please come out and support the veterans and enjoy an afternoon of great music. The theme of this year's concert is Bridging the Years, a Musical Journey. The performance will feature different ensembles from within the Stadacona Band as well as special guests and the ever-popular Second World War sing-along. This performance will highlight the service and sacrifice that Canadians have given to their country in both World Wars as well as more modern conflicts like Afghanistan. The change of venue to the Central Library will allow more of the public to attend the performance and bring more awareness to the Camp Hill Memorial Gardens. The performance is also part of the Central Library's Remembrance Week theme From Vimy to Juno, which will feature different exhibits highlighting the wartime history of Canada.

The Stadacona Band also has a very busy Christmas season coming up. We will be performing in Halifax at the Rebecca Cohn Auditorium on November 28, in Sydney on December 7, and in Liverpool on December 13. All performances will take place at 7:30 p.m. For more information please visit our Facebook page, just search for the Stadacona Band. For over 75 years the Stadacona Band of the Royal Canadian Navy has been a mainstay in the Maritime military community. Since its inception the band has been based in Halifax, Nova Scotia and has worked tirelessly to promote esprit de corps and morale within the CAF. Currently under the direction of Lt(N) Patrice Arsenault, the band enjoys a diverse and busy schedule. In addition to

providing musical support to the CAF, the Stadacona Band works with numerous charitable organizations to better many local communities on the east coast.

The band is comprised of 35 professional musicians from across Canada. Whether performing on the parade square, welcoming Canadian or interna-

tional naval vessels, or in a formal concert hall, the Stadacona Band is often referred to as "the finest band in the land." In addition to performing as a full parade or concert band, the Stadacona Band also offers a variety of small ensembles. These include a brass quintet, woodwind quintet, Dixie Band, jazz en-

semble and the commercial music group, Boarding Party.

The Stadacona Band has toured extensively throughout Canada, as well as overseas to promote and strengthen Canada's international partnerships. The band has had the honour of performing for Her Majesty, Queen Elizabeth II, the Prime Minister,

many foreign heads of state, and the highest ranking members of our armed forces.

The Stadacona Band is also privileged to perform regularly for students and the general public. The Stadacona Band appears by kind permission of RADM John Newton, Commander JTFA and MARLANT.

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Member of Parliament - Dartmouth-Cole Harbour

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HMCS Trentonian, Irish Sea, 13 June, 1944

Roger Litwiler Collection; Allen E. Singleton, RCNVR photo, courtesy Jack Harold, RCNVR

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Remembrance Day 2016

Repatriation of King’s and Regimental Colours

By Lt Felix Odartey-Wellington, 36
Canadian Brigade Group PA

The repatriation of the 25th and 85th Battalions’ King’s and Regimental Colours at Government House, Halifax, on October 15 deeply resonates with The Cape Breton Highlanders family.

The ceremony was held under the auspices of Bgen (ret’d) the Honourable J.J. Grant, Lieutenant Governor of Nova Scotia, to officially display preserved Colours of two historic Nova Scotia regiments which deployed to Europe during the First World War.

Apart from rallying troops in battle, Colours itemise regimental battle honours and history.

The Cape Breton Highlanders Reserve regiment of the CAF perpetuates the 85th Battalion, explaining the special significance of the event to both past and serving members of the Highlanders.

As Alex Morrison and Ted Slaney write in their text on the history of The Cape Breton Highlanders, both the 85th and the Highlanders share the same motto: Siol Na Fear Fearail (Gaelic for “Breed of Manly Men”).

That motto is grounded in the exploits of the 85th Battalion. It served in France and Belgium, earning a fearsome reputation and the nickname The Never Fails with the capture of Hill 145, a crucial enemy stronghold during the Battle of Vimy Ridge in March 1917. The 85th also fought with distinction and heavy casualties in Passchendaele in the fall of 1917.

Its enviable list of battle honours includes Amiens, Arras, Canal du Nord, and Cambrai.

On their return to Canada, the 85th entrusted its Colours to the Lieutenant Governor of Nova Scotia for safekeeping on June 15, 1919.

Len Boudreau, a former Adjutant of the Highlanders and currently Vice President of the Cape Breton Highlanders Association, travelled to Halifax for the repatriation ceremony with a delegation from the unit including his



Sgt Brian Laming, Drum Major of the Nova Scotia Highlanders Pipes and Drums, reads a plaque unveiled by His Honour The Honourable BGen (ret'd) J.J. Grant, Lieutenant Governor of Nova Scotia, and BGen Carl Turenne, 5th Canadian Division Commander. The plaque will hang on the wall of Government House beside the King's and Regiment Colours of the 25th and 85th Battalions.

WO JERRY KEAN, 5 CDN DIV PA

son, Capt John Boudreau, who serves with the Highlanders. Reflecting on the ceremony, Boudreau described the symbolism of the Colours to the regiment as “sacred”, conveying memories of sacrifices made by the 85th in battles such as Vimy Ridge and Passchendaele.

He quoted from John McCrae’s famous poem *In Flanders Fields*: “To you, from failing hands, we throw the torch: be yours to hold it high.”

In homage to the unit which paid a heavy price on those battlefields (including more than 600 killed and over 1,200 wounded), Boudreau said the repatriation of the Colours shows that, “Succeeding generations have seized the torch and continue to hold high a most proud possession in a place of honour for all to see.”

His son, Capt Boudreau was similarly profound in his appreciation after serving as a member of the Colour Party during the ceremony. “It was a privilege and honour to attend and play a role in this historic event. Gazing at the Colours hanging in a place of such reverence reinforced what it means to be a Cape Breton Highlander.”

“As a member of the regiment that perpetuates the 85th, I help continue a legacy that started with the brave men

who fought in places like Belgium and France. I joined the regiment with a strong sense of pride for its history and traditions, passed down by my father. We, the current Cape Breton Highlanders generation, now have a tangible piece of our history to remind us of what it means to be part of Siol Na Fear Fearail,” he added.

LCol Russell Gallant, Commanding Officer of the Cape Breton Highlanders, who led the delegation from Sydney to the ceremony, agrees with the Boudreaus. He said, “We were proud to join our comrades from the Nova Scotia Highlanders Regiment who perpetuate the 25th Battalion to honour the sacrifices of our predecessors. It’s these sacrifices that inform our commitments as members of the CAF today.”



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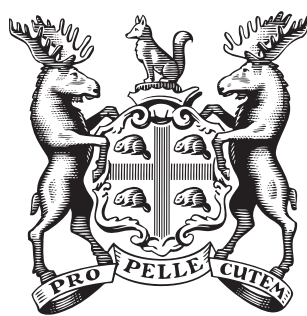
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Lest We Forget
Friday, November 11, 2016

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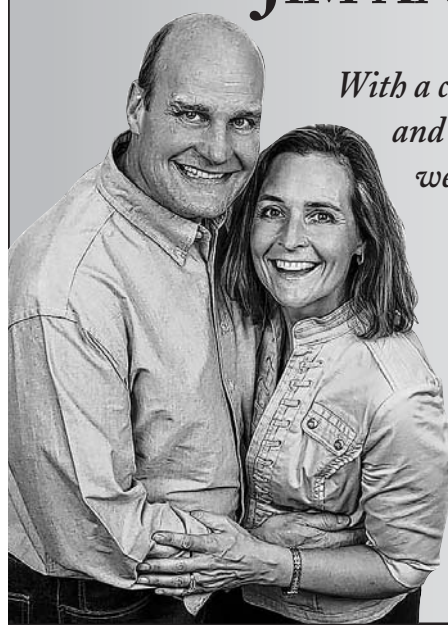
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Parliamentarians spend 24 hours under the waves with HMCS Windsor

By Ryan Melanson,
Trident Staff

RHIB rides, submarine dives and at-sea war games were all on the agenda for four parliamentarians as they visited the east coast over October 12-13 for a special Royal Canadian Navy experience. The highlight of the visit was a 24-hour stint in HMCS *Windsor*, one of Canada's four Victoria-class diesel electric submarines. The politicians made the trip as part of the RCN's Canadian Leaders at Sea (CLaS) Program. For nearly a decade, CLaS has been embarking government officials, community and business leaders and other strategic stakeholders on board HMC ships and submarines to showcase the skill sets and equipment that the Navy employs in defence of Canada. The program also provides valuable insight into the day-to-day life of sailors and submariners and the living and working conditions inside their temporary homes at sea.

The guests included Liberal MPs Marwan Tabbara and Chandra Arya, as well as opposition members Pierre Paul-Hus and Cheryl Gallant, who both sit on the House Standing Committee on National Defence. They were accompanied by RAdm John Newton, Commander MARLANT and JTFA.

CLaS is meant to be an intensive and immersive experience, and a Victoria-class submarine was the right place to fulfill that goal. The guests were submerged more than 100 metres underwater, dined in the boat's small messes with personnel, and slept on metal racks alongside submarine trainees and Mark 48 heavy torpedoes. They also got a small taste of the slow-moving game of hide and seek that is submarine warfare, with Halifax-class frigate HMCS *St. John's* and a CH-124 Sea King participating in a short exercise about 20 kilometres offshore. *Windsor* closed within 2,000 yards of the warship at periscope depth, giving everyone a chance to observe the "adversaries" from the search periscope, before the participants took turns listening to *St. John's* acoustic signature through the boat's newly advanced AN/BQQ10 sonar, the same system employed by the newest submarines in the U.S. fleet. Sitting at the fire control system, they then learned how the visual, acoustic and other points of data are combined to accurately track nearby vessels and plot possible attacks.

As part of the simulation, *Windsor* fired off a green flare, a signal indicating a torpedo attack against *St. John's*. There was no harm done, but in reality, the boat's Mark 48 heavy torpedoes would have no issue breaking the back of a frigate.

"The torpedo will find and sink whatever is out there, guaranteed. It's been proven time and time again," said LCdr Chu, *Windsor's* Commanding Officer. Later, the visitors witnessed the crew run through the comprehensive set of pre-diving checks before plunging below into their natural hidden state below the waves.

"It becomes incredibly calm," observed Tabbara while the sub was submerged, compared to the



Lt(N) Navy Devon Matthews talks with Members of Parliament Marwan Tabbara, and Chandra Arya onboard HMCS Windsor in Halifax, Nova Scotia on October 12, 2016.

MC ALEXANDRE PAQUIN, FIS

way *Windsor* rolls with the waves at periscope depth. It's one of the many reasons submariners prefer to be stealthily submerged as much as possible, though the boat did surface again in the evening so their guests could experience a "snort", drawing in air and recharging the battery while running the diesel engines.

Windsor's crew each performed their designated tasks with precision, but for Paul-Hus, a first-time MP elected to Parliament last year, the biggest takeaway was the confidence the submariners have in the Victoria-class boat and state of the art technology found inside it.

"In the end, to have a successful crew, we also need the crew to have good equipment. I think we see that here with a submarine with its new sonar and other upgrades that are working so well," he said.

The crew was upbeat, welcoming to guests and enthusiastic to chat about their jobs, but leadership is well aware of the heavy workload placed upon the submariners, and that it's important not to burn them out. The boat spent nearly 200 days at sea over the past year, recently tackling an extended three weeks of deployment following Exercise Dynamic Mongoose 2016, cutting short a much-deserved summer break.

The guests pressed LCdr Chu on his secrets for keeping up morale through long stretches of slow-paced, but demanding work. He said it boils down to communication - speaking with his personnel in small groups to explain the tasks at hand and the import-



Conservative MP Cheryl Gallant (left) chats with Lt(N) Rochelle Egan, a Combat Systems Engineering Officer and one of HMCS Windsor's two female crewmembers.

MCPL ALEXANDRE PAQUIN, FIS HALIFAX

ance of the work, and giving extra attention to crew with family concerns at home or other stresses. It helps that his crew has grown so close and supportive of each other, a necessity with 48 men and women working in such close quarters. The nature of submarine life and duty watch means submariners spend countless hours learning about each other's lives, families, hometowns and so on.

"It becomes part of our entertainment, but it also builds a cohesiveness within the crew. From a Captain's perspective, it's extremely important to build that cohesiveness. When the team gets together, starts to trust each other and learn they can rely on each other, that's when you build

that true *Windsor* spirit," LCdr Chu said.

There's also an immense pride in the work, and the lack of outside communications or missed family moments can be accepted more easily when working in support of real NATO operations, as *Windsor* did in summer 2015 and again this year. Having the boat and crew prepared to answer those calls for support is also significant in showcasing RCN capability, RAdm Newton said.

"It shows that it doesn't take a large submarine fleet to have trained submariners and be an undersea nation. In the international community, there's no doubt Canada is at the table."

Before leaving the boat to continue their tour of CFB Hali-

fax sites on October 13, each visitor was presented with an Honorary Submariner card, an HMCS *Windsor* coin and even a dolphin badge like the ones worn proudly by submariners around the world. "I really encourage them all to carry these with pride and to show them off whenever they can," LCdr Chu said.

"It's an experience they'll remember for the rest of their lives, no doubt."

RAdm Newton is also counting on the MPs remembering their time on board when they head back to Ottawa, to help spread the message about the strength and strategic importance of Canada's submarine program and naval operations as a whole as the government launches its Defence Policy Review.

The parliamentarians' time at CFB Halifax also included a number of other stops to help illustrate the full picture of Maritime Forces Atlantic. These included glimpses into the RCN's future, like a static tour of the CH-148 Cyclone at 12 Wing Shearwater, as well as a walk-through of Irving Shipbuilding's Halifax Shipyard, where work on the first Arctic Offshore Patrol Vessel is well underway.

"They've seen some very important work happening. So hopefully they'll go back and tell their fellow parliamentarians about what the Navy does and what our submariners do. They can help tell our story through their own lens, whether it's to the defence committee or within government. We can't ask for much more than that," RAdm Newton said.

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Military Family Resource Centre

NDWCC

Drop and Give Us 10 (dollars)! As you may know, the National Defence Workplace Charitable Campaign (NDWCC) kicked off last month. This annual campaign makes it easy for you to choose the charities that you personally want to support. The H&R MFRC has launched our Drop and Give Us 10! campaign to assist you with your decision. We are asking for every military member to give us a donation of \$10 per month. By selecting the H&R MFRC as your charity of choice, you help improve the high quality programming we provide to the military community and their families. For more information, please visit www.halifaxmfrc.ca.

Fall Programs and Events at the MFRC

Staff has been busy planning a variety of programs and events to keep the fun going throughout the fall. Be sure to visit our website for more details, registration deadlines, and the full calendar of events at www.halifaxmfrc.ca or call (902) 427-7788.

Les programmes et événements automnaux du CRFM

Le personnel s'affaire à organiser une belle variété de programmes et d'événements afin que vous puissiez continuer à vous amuser tout au long de l'automne. Assurez-vous de visiter notre site Web au www.halifaxmfrc.ca ou téléphonez au (902) 427-7788 afin de consulter le calendrier complet en plus de connaître les détails, les inscriptions et les dates limites des événements.

Save the Date

Be sure to mark Saturday, December 10 on your calendar for our H&R MFRC Holiday Fest. This fun-filled day for families at the Dartmouth Sportsplex includes fun in the water, on the ice, and in the community room. Stay tuned for more information.

CCMTDN

Passez nous voir et donnez un 10 (dollars)! Comme vous le savez peut-être déjà, la Campagne de charité en milieu de travail de la Défense nationale (CCMTDN) a commencé en septembre. Cette campagne annuelle vous encourage à donner à un organisme de charité de votre choix. Afin de faciliter votre choix d'organisme, le CRFM H et R lance sa campagne Passez-nous voir et donnez un 10! , par conséquent, nous demandons à chaque membre militaire de nous faire un don de 10 \$ par mois. En choisissant le CRFM H et R en tant qu'organisme de charité, vous aidez à améliorer la programmation de haute qualité que nous offrons à la communauté militaire et leur famille. Pour plus d'information, veuillez svp visiter le www.halifaxmfrc.ca .

Date à retenir

Assurez-vous d'inscrire le samedi 10 décembre à votre calendrier pour ne pas manquer Holiday Fest au CRFM de H&R. Cette journée amusante pour toute la famille se tiendra au Dartmouth Sportsplex et inclut des activités dans l'eau, sur la glace et dans la salle communautaire. Restez à l'écoute pour plus d'informations. C'est un rendez-vous.

Have your say

Call upon the Minister of National Defence to include military families in the next Defence policy, as they are an integral and essential part of the mission of the CAF. To officially recognize the MFRCs as being the official service providers for military families and to attribute to them as clients, with the resources required, veterans and their families. Sign the petition and have your say: <https://petitions.parl.gc.ca/en/Petition/Details?Petition=e-565>

Vacation Lottery Extravaganza Winner for October / Gagnant de la loterie Extravaganza Vacances au soleil pour le mois d'octobre

Congratulations to MS William Young, Trinity, grand prize winner of the H&R MFRC's Vacation Lottery Extravaganza for October. Félicitations à MS William Young, Trinity, grand gagnant du tirage d'octobre de la loterie Extravaganza Vacances au soleil du CRFM H et R.

Exprimez-vous

Priez le ministre de la Défense nationale d'inclure les familles militaires dans la prochaine politique sur la Défense comme étant une partie intégrante et essentielle de la mission des Forces armées canadiennes. Reconnaître officiellement les CRFM comme leurs prestataires de services officiels et de leur attribuer, avec les ressources requises, la clientèle des vétérans et de leurs familles. Signez la pétition et exprimez-vous : <https://petitions.parl.gc.ca/fr/Petition/Details?Petition=e-565>

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Winter Maintenance

How winter is killing your fuel economy

(NC) Just when you thought you were already way too familiar with winter's downsides, it turns out facing the cold season means more for your car than just a set of winter tires. Driving in long Canadian winters can make your wallet unpleasantly light, and here's why:

1. You use more gas in the winter. A drop in temperature from 24°C to 7°C can raise fuel consumption in urban commutes by as much as 28 percent. With the cold comes dry winter air that's denser than summer's humid air, which spells bad news for your gas tank. The colder temperature increases the aerodynamic drag on your car, and adding winter's higher average wind speed to the drag only makes it worse. Plus, snow, ice, and slush compete with salt, gravel, and sand to grab at your tires and make your engine work harder.

2. The gas you use does less. Gasoline blends are adjusted to account for seasonal temperatures. For example, a litre of winter gas has less energy than a litre of summer gas, as much as 3 percent less. Add that to the higher gas use winter brings, and it's a double holiday helping of hurt for your wallet.

3. Winter driving puts more strain on your electrical system. Cold weather brings more electrical strain on your car than just using the hot air and heated seats. Shorter



123RF PHOTO

days mean more headlight and interior light use. Cold mornings mean more heating and defrosting windows and mirrors. Nasty weather means more windshield wiping and using the washer pump to spray all that antifreeze. And all the electrical systems in your car get their power from

the engine which means, you guessed it, more gas consumed.

So what can you do? Despite all the added costs of winter driving, you can make a difference for yourself at the pump by doing something as simple as keeping an eye on your tire pressure or using a

block heater with a timer in the morning instead of idling. In fact, keeping your tires at the right pressure can completely offset the lower-energy winter gas in your tank.

Find more information online at vehicles.gc.ca.
www.newscanada.com



123RF PHOTO

Everything you need to know about winter tires

(NC) As Canadians, we've become accustomed to harsh weather conditions and have come to embrace the unexpected. As much fun as this season can be, winter is also challenging for drivers. That's why it's imperative that every driver properly prepares their vehicle to handle the snow, ice, and slush.

According to Carl Nadeau, Michelin driving expert, the first step is making sure your vehicle is equipped with the right set of winter tires. He says a common misconception is that winter tires are only necessary when snow begins to fall.

"But winter tires are required when the temperature falls below 7 degrees Celsius. At that temperature, both summer and all-season tires begin to stiffen. At temperatures consistently below 10 degrees Celsius, they have an effect similar to a hockey puck,"

Nadeau explains.

Winter tires are manufactured with a specific tread and a rubber compound designed to maintain your vehicle's grip, traction, and braking quality at lower temperatures. Nadeau recommends the Michelin X-Ice Xi3. Rated by consumer specialized reports as among the best in its category for several years running, it provides ultimate winter confidence and safety over many kilometres.

Quebec is currently the only province in Canada where winter tires are required by law from December 15 to March 15. According to a recent survey, the introduction of mandatory winter tire use has resulted in a 5 per cent decline in road accidents. Transport Canada encourages all provinces to use winter tires during this time period.

www.newscanada.com



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TRIDENT Sports

What’s the score with local sports in your community? Send write-ups, photos, and results to editor@tridentnews.ca

Athletes across Formation Halifax take part in CAF Sports Day

By Ryan Melanson,
Trident Staff

CAF Sports Day was held on October 21, with CAF and DND personnel across this region, as well as across the country, taking a morning away from the day-to-day grind to take part in a variety of different sporting events across their respective bases and wings.

At Stadacona, the day kicked off on the gym floor with CFB Halifax Base Commander Capt (N) Chris Sutherland giving some opening remarks before a PSP-led warm up, and then opening the gym to ball hockey, dodgeball, bowling, swimming and other activities happening through the day. Sponsors were also on hand at STADPLEX, with Tim Hortons and Subway providing drinks and food for the morning, while ballots were filled out for draw prizes from Via Rail, CANEX and The Personal Insurance.

Organizers also used the opportunity to remind CAF members of the multitude of free programs available to maintain healthy minds, bodies and spirits, with instructions given on how to

take advantage of those.

At HMC Dockyard, the kickoff was held just prior to a 5K Fleet Run/Walk, with Cdr Geoffrey Steed, Commanding Officer of HMCS *Halifax*, offering some encouragement to the runners. As the new Fleet Health and Wellness Champions while the ship undergoes work for further modernizations, *Halifax* as a unit will have a hand in supporting various health and fitness activities.

Cdr Steed made note that CAF Sports Day was being held on Niobe Day, also the anniversary of the Battle of Trafalgar.

“So in that spirit, today we’re going to be attacking unhealthy lifestyles, working to change the culture and making everything about personnel readiness so we can continue to achieve what the Navy has been doing for the last 100 years,” he said.

RAdm John Newton, Commander MARLANT and JTFA, also spoke, reminding the participants that the day is also about getting to know colleagues and letting out some stress, and he encouraged everyone to take selfies and spread them online to let people know that RCN per-

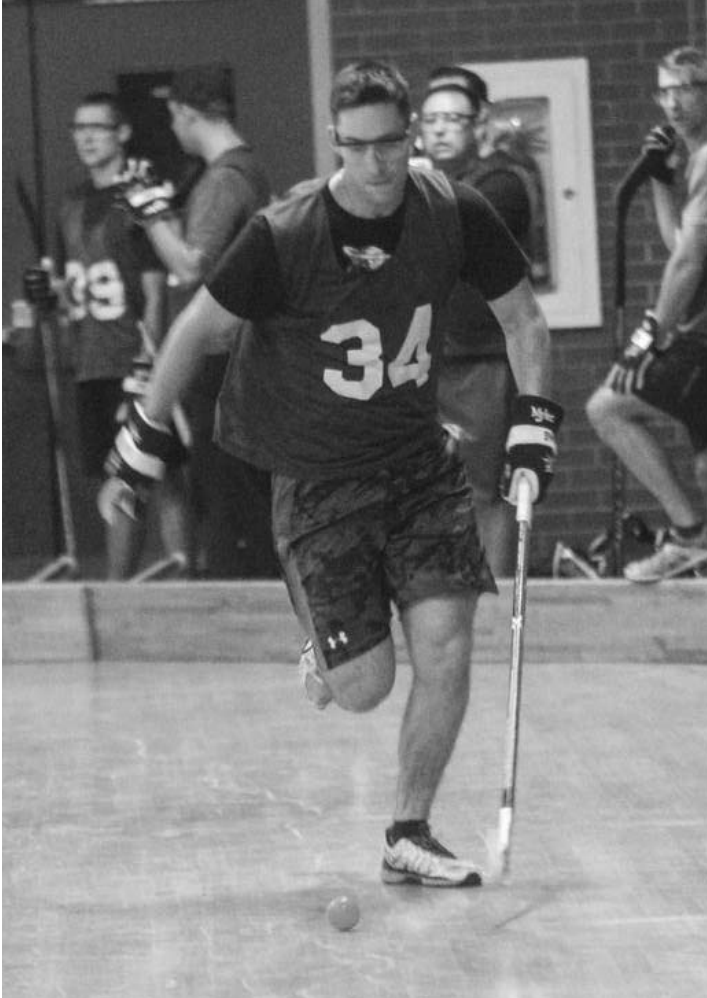
sonnel are being active and having fun on their base.

“We’re taking an opportunity to show that this is important to us and our families, and it’s about our ships and our units and our operational effectiveness. And it’s about telling the public we care about this,” he said.

“So get it out there on the internet; you’ve been given a whole day to have fun, make the most of it.”

The Fleet gym also hosted a number of official activities, including rock climbing and volleyball, where the Spanish crew of the tanker ship ESPS Patino put together teams to take part alongside their MARLANT allies. Yoga, slo-pitch, spin classes and even a Brazilian jiu-jitsu session rounded out the list of activities that were available at STADPLEX, Dockyard and 12 Wing Shearwater.

PSP Fitness and Sports coordinator Kevin Miller gave his thanks for all of those who found time to participate during a very busy day across the formation, ensuring another successful day focused on the positive power of sports.



Ball Hockey, bowling, volleyball and more were taking place across Formation Halifax during CAF Sports Day. RYAN MELANSON/TRIDENT STAFF

Fitness and sports updates

By Trident Staff

The noon recreational bowling league starts on November 2. Games run every Monday, Wednesday and Friday from noon to 1 p.m. Teams may have as many people on them as they wish, however, only 3 team members may bowl on any given day. As in past years, civilian employees are required to pay a one-time \$24 community recreation fee.

Playdowns to form the Atlantic Regional Squash team take place October 31-November 4 at STADPLEX. Competitors must be competitive level players, as this is not a tournament for participation. Players must be available to travel to 14 Wing Greenwood frpm December 5-9.

Fall Intersection curling started on October 11 and will run until December 13. Games will be held at 12:30 p.m. every Tuesday at the CFB Halifax Curling Club. (Cancellations due to COTF/COTW/Wing Cup, Regionals and Club Bonspiels TBC.) Rosters and contact information for an alternate POC should be submitted to Margaret.Craig@forces.gc.ca.

It is recommended that teams

have minimum 7-8 players. I/S Curling is open to military members only. Any one not curling for their team that day is invited to arrive at the curling club to spare for other teams. Individual curlers can submit their names to the spare list. All levels are welcome. More information can be found at <https://cfbhalifaxcurling.com/>. Registration is required. Winter I/S Curling will run January-March. Registration for Winter I/S will take place in December.

Pick-up floor hockey takes place Monday to Friday, 11 a.m. to 12 p.m. at STADPLEX Gym. Military, DND and NPF all are welcome. Equipment is supplied, just bring a positive attitude. For more information, please contact Jon Berg at 902-721-8418

The Formation Halifax Swim team is looking for swimmers. There is a coach, there is a pool, now all they need is you. The pool is shared with Navy Trident Triathlon club and new swimmers are welcome. CFAST/Navy Trident swim hours are Tuesday and Thursday, 6:30-8:30 a.m., Shearwater pool; Wednesday and Friday, 6:30-8:30 a.m., STAD pool; and Sunday, 7-7 p.m., Shearwater pool. All interested,

pls contact Capt Kim Grimard at Kim.grimard@hotmail.com.

Pick-up floor hockey is from 11 a.m. to noon, Monday through Friday at STADPLEX Gym.

Back due to high demand! The noon hour recreation floor hockey league began on Tuesday, September 6 at STADPLEX Gym. Season will end in December and the winter season will start up end of January, 2017. The league takes place at STADPLEX on Tuesdays and Thursdays over noon hour. Players do not have to belong to the same unit, but can only play for one team (except for goalies). Prior to each game, the official with hand over the game sheet to the captain who will only have to write the jersey numbers beside the names and cross out the players who aren't attending that match. DND/NPF civvies can play but are required to purchase a Rec pass at the front desk of STADPLEX. We are also looking for volunteer officials to help officiate. In return we will toss some freebies your way along with being course loaded for our CBHA certification course held here in May.

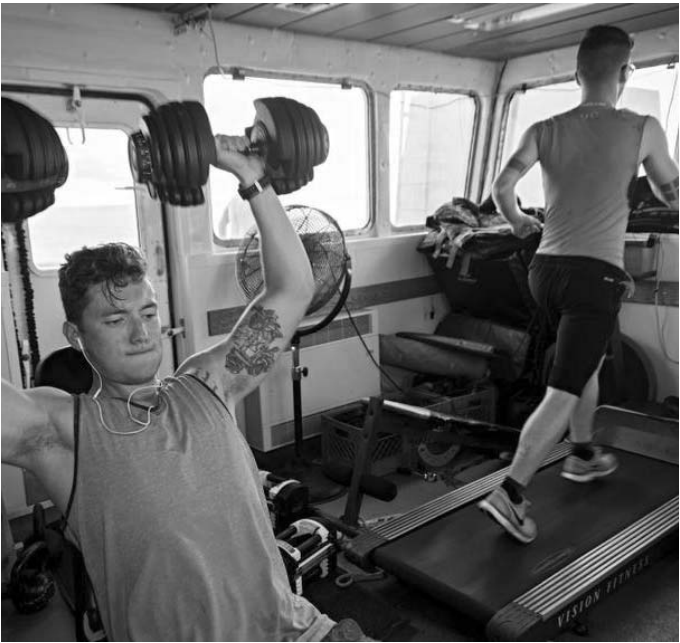
World Series trivia

By Stephen Stone & Tom Thomson

- Questions**
1. What year was the first World Series of the modern era held?
 2. Which teams played?
 3. What feat in the 1956 World Series may be equalled but will never be beaten?
 4. Which player has won the most World Series championships?
 5. Which player has won the second most championships?
 6. What remarkable feat did Reggie Jackson of the New York Yankees accomplish in the 1977 World Series?
 7. Who was the first player to hit three home runs in a single World Series game?
 8. In the fifth inning of game three of the 1932 Series, what did Babe do?
 9. Who is the only player to hit a come-from-behind home run in the bottom of the ninth inning in a World Series?
 10. Who hit the World Series winning home run for the Pitts-

- burgh Pirates in 1960?
11. What member of the Cleveland Indians accomplished a baseball rarity in the 1920 World Series?
 12. Two other remarkable events also occurred in the same game. What were they?
 13. Which pitcher won three games for the Milwaukee Braves in the 1957 World Series?
 14. Which year did the designated hitter first appear in the World Series?
 15. Which team won the 1976 Series?
 16. Which pitcher won three games in the 1968 World Series and was named Series MVP?
 17. Which team holds the record for winning consecutive World Series?
 18. In what year did the Miracle Mets win the World Series?
 19. Which team was a victim of the Curse of the Bambino?
 20. Which team is a victim of the Curse of the Billy Goat?

See WORLD SERIES TRIVIA / Page 16



CAF Sports Day and Op CARIBBE

HMCS Kingston crewmembers deployed on Op CARIBBE work out as part of CAF Sports Day on October 21, 2016.

12 WING IMAGING SERVICES

2016/2017 Formation Halifax COTW/COTF / WING CUP			
Sport	COTW	COTF	WING CUP
BADMINTON	12-16 Sept	7-Feb	8-10 Feb
CRAIG BLAKE MEMORIAL FITNESS CHALLENGE	September 23, 2016	September 23, 2016	September 23, 2016
RUNNING	14 Oct (1300hrs)	Spring 2017	October 20, 2016
SQUASH	7-11 Nov	6-10 Feb	8-10 Feb
DODGEBALL	November 18, 2016		
VOLLEYBALL	28 Nov - 2 Dec	17-21 Oct	17-18 Nov
CURLING	9-13 Jan	27-31 Mar	27-31 Mar
HOCKEY	27 Feb 3 March	20-24 Mar	17-20 Jan
FLOOR HOCKEY	20-24 March	23-27 Jan	5-7 Apr
BOWLING	Apr 3-6	5-9 Dec	
BASKETBALL	18-21 April	14-17 Nov	8-9 Dec



The Slackers play the Wardroom during the 47th annual Mini Grey Cup game on October 13, 2016. *LS VALERIE LECLAIR, FIS HALIFAX 2. story. col 1, para 2, line 2. strike CFB 47th Annual Mini Grey Cup at CFB Halifax on Oct. 13, 2016.*

LS VALERIE LECLAIR, FIS HALIFAX

NCMs win Mini Grey Cup XLVII

By Sean Parker,
FMF Cape Scott

Spectators and players alike couldn't have asked for finer game day weather to experience the 47th edition of the Mini Grey Cup, the annual full contact flag football game between the Wardroom Officers, and The Fleet Club NCM Slackers.

The game, held at Porteous Field at Stadacona on October 13th, was moved up a full month due to operational commitments and other reasons. This led to better weather and field conditions than traditionally played in, but caused concern amongst the coaching staffs. Preparation for the game would be cut in half and that led to fears that the quality of the game could suffer. These fears were quickly set aside, as the players put on a good competitive show for all that attended.

The Slackers leaned heavily on the running game early on, scoring on a run by LS Isaac Blakata in the first quarter. The subsequent extra point snap was low, but holder/QB MS Will Cain calmly passed to LS Allan Paterson for a two-point conversion instead, putting the Slackers up 8-0 early. The defences took charge after that, as the Slackers could only manage two special team points for the rest of the half, a single point by Paterson punting the ball through the end zone, and a tackle in the end zone on a Wardroom punt return resulting in another.

Ten-0 Slackers at the half. The half time show featured draws for firepits, food and refreshments, and a field goal kicking contest for prizes. The Wardroom almost scored their first points of the game after halftime, as a kickoff was returned by A/SLt Jaidon Freeland. He appeared to be free and clear, but was tackled from behind by kicker Paterson to save the touchdown. A/SLt Freeland kicked a 38 yard field goal a few plays later to make the score 10-3.

Kudos should be paid to the NCM offensive line though, who were thrown together at the last second, consisting of three defensive players, a vet, and a coach. Sometimes QB Latter had as much as 10 seconds to survey the field in the pocket.

The Wardroom made adjustments to keep the NCMs, and specifically LS Blakata from sweeping to the outside, his favorite route through the years, by positioning their defensive ends very wide out to keep contain. The Slackers offensive coach PO1 (ret'd) Rob Jeannot countered by running the ball inside instead, getting large chunks of yardage inside. These adjustments culminated in a Latter to MS Mike Stainton TD pass before the third quarter expired, putting the NCMs up by 13. The fourth quarter was dominated by the defences, led by OLB LS Lyndon Eustache, who got two interceptions and a sack in the frame, and LCdr Vick Armes, who consistently applied pressure on the outside. Attacking the sweeps from the outside was very effective for the Wardroom, but the Slackers used this aggression to their advantage in the 4th quarter, by having Blakata throw a sweep option toss to a wide open MS Will Cain for a score. An extra point by Cain and other rouge kicked by LS Paterson rounded out the scoring.

Final score NCMs 24, Ward-

	1	2	3	4	FINAL
FLEET CLUB	8	2	6	8	24
WARDROOM	0	0	3	0	3

room 3.
Congratulations to both teams on putting on a good show despite the shortened practice time and small player rosters, the Slackers, for winning their third straight Mini Grey Cup, and to the following, who won awards after the game:
MVP: MS Mike Stainton.
Offensive MVP: FC: LS Mark

Latter, WR: A/SLt Jaidon Freeland.
Defensive MVP: FC: LS Lyndon Eustache, WR: Lt(N) Mitch Dingwell.
Best Offensive Lineman: FC: Cpl Brad Scott, WR: Lt(N) Gregg Linzmeyer.
Best Defensive Lineman: FC: AB Jon Wright, WR: LCdr Vick Armes.

World Series trivia

continued from / Page 15

Answers

1. 1903
2. The Boston Americans (later Red Sox) beat the Pittsburgh Pirates 5-3 in a best of nine series.
3. Don Larsen of the New York Yankees pitched the first, and so far only, perfect game in World Series history. In game five he struck out pinch hitter Dale Mitchell of the Brooklyn Dodgers with his 97th pitch for the 27th consecutive out.
4. Yogi Berra, New York Yankees – ten (1946-1965).
5. Joe DiMaggio, New York Yankees – nine (1936-1951).
6. In game six of the Series, Jackson hit three home runs on the first pitch off three different Los Angeles Dodgers pitchers.
7. Babe Ruth, New York Yankees – 1926. Ruth did it again in 1928 and is the only player to accomplish the feat twice.
8. Babe Ruth pointed to the centre field bleachers supposedly calling where he would hit the next pitch off Chicago Cubs pitcher Charlie Root. The home run was estimated to have travelled over 500 feet.
9. Joe Carter, Toronto Blue Jays – 1993. Carter's three-run shot beat the Philadelphia Phillies 8-6 to win the Series 4-2 and give the Blue Jays their second consecutive World Series title.
10. Second baseman Bill Mazeroski hit the blast in the bottom of the ninth inning off Yankees pitcher Ralph Terry to

break a 9-9 tie game. It was the first time a home run ended the seventh game of a World Series.

11. In game five, second baseman Bill Wambsgass made an unassisted triple play. Statistically, an unassisted triple play is rarer than a perfect game.

12. Cleveland's Elmer Smith hit the first World Series grand slam home run and the Indians' Jim Bagby Sr. hit the first World Series home run by a pitcher.

13. Lew Burdette

14. 1976

15. Cincinnati Reds defeated the Yankees in four games.

16. Mickey Lolich of the Detroit Tigers.

17. New York Yankees – five (1949-1953).

18. 1969 – 4-1 over Baltimore Orioles.

19. Boston Red Sox. After the Red Sox sold Babe Ruth (the Bambino) to the New York Yankees in the off-season of 1919-1920, the Red Sox went for 86 years from 1918 to 2004 without winning a World Series.

20. Chicago Cubs. Billy Goat Tavern owner Billy Sianis used to bring his pet goat (named Murphy) to the Cubs' home games at Wrigley Field.

During game four of the 1945 World Series against the Detroit Tigers, Sianis was asked to leave the stadium because some fans objected to the smells emanating from the goat. Sianis was outraged and allegedly declared, "Them Cubs, they ain't gonna win no more." The Cubs have not won a World Series since 1908 nor played one since 1945.



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Walking the dog: my travels with SONAR

By SLt Susannah Anderson, HMCS Brunswicker PAO

“Does he eat hot dogs?”
“Maman, regarde un ours!”
“Can we hug him?”
It’s a busy Saturday in up-town Saint John and I am steering a large mascot, SONAR, through a crowd of eager children. They are excited, bombarding us with questions; because SONAR can only bark, I am frantically providing answers to questions about SONAR’s personality, eating habits and history. This is just a normal Saturday as the Flag Officer for the Royal Canadian Navy’s mascot.

SONAR was recruited into the Royal Canadian Navy in 2010 and is based on a large black Newfoundland dog, known for the traits of vigilance and loyalty, qualities embodied by the Royal Canadian Navy. SONAR’s name refers to the Royal Canadian Navy’s proud history of anti-submarine warfare. He is brought to life by a sailor wearing a furry



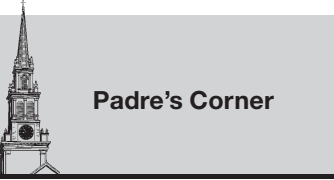
SONAR (MS Arongaus) greets a familiar friend at the Parkinson’s Superwalk in Saint John, New Brunswick, 10 September, 2016.

SLT SUSANNAH ANDERSON, HMCS BRUNSWICKER

black dog suit complete with a bright yellow jersey with the Navy’s signature anchor. Convincing sailors to don the suit was a test of my persuasiveness; even the head was intimidating, as it sat taking up most of the table in the office. Naval Reservists train in a variety of trades but being a mascot was new to the sailors of HMCS Brunswicker. “The suit is strange at first but you quickly get used to it,” said MS Arongaus, HMCS Brunswicker’s first SONAR. “But it is all worth it, seeing children’s eyes light up when they see you!”
September weather in New Brunswick can run both hot and cold. Drawing on the expertise of sailors with experience in hot weather operations off the coast of Africa, we purchased a cooling vest to wear under the suit. Our first event was a charity walk in 30°C; the vest was a resounding success, keeping the sailor in the suit from overheating while we walked and talked with local children. The next event was

the Saint John Touch a Truck on a windy wharf; the cooling suit wasn’t needed but we were all thankful for the chinstrap that kept the large head from sailing away. Over the course of several events, I learned to be the eyes and feet of SONAR, guiding him over cobblestones and into boats. I learned not to walk SONAR, still in his suit, to escort the sailor inside to the heads: a five-minute walk quickly turned into a half hour of hugging children with an increasingly frantic sailor looking forward to the bathroom.
I learned a lot of lessons this September, but the best lesson I learned is how a sailor in a fur suit can bring yells of joy from children and start a conversation about the Royal Canadian Navy in a part of the world that rarely sees warships. Anytime I started to feel tired, loading the costume into the van for another event, I would remember the midshipmen of the United States Naval Academy and the mascot they are in charge of, Bill the live goat.

New eyes for old landscapes



By Capt Robin Major, Chaplain, CF H Svcs (A)

Every now and then I come across a few words that someone has said that strike a cord so deeply they stand out. One such moment occurred for me when I read the following words by the poet Marcel Proust: “The real journey of discovery consists not in seeking new landscapes, but in

having new eyes.” What might he be trying to say? He is not merely speaking against exploring new landscapes. New places provide us with the discovery of something new. The question is if you revisit a place can you know it differently or newly each time? His insight is that we can and further, to do so is life’s real journey. He is not suggesting we should not explore new landscapes but offers caution against too much wandering. Searching out new things and new experiences can be life affirming but it can also be life denying. We can spend our whole life moving on

and never settling into feeling at home and at peace with who we are and where we are in life. We can spend our whole life trying to find the right relationship, job, place to live, house, car or whatever it is one keeps replacing. Things in life will of course keep changing but when does such change seem to feel as if nothing will ever satisfy us? When is the new location not a problem of location but a problem of the person relocating? Sometimes what some call a geographical cure does not cure anything as the sickness is in the person moving. When I say sick-

ness, I mean it in the sense of dis-ease, or out of balance in our inability to be happy anywhere. Another away of saying this is that we might be sick of life. Alternately, one might say that sometimes we live in the prisons of ourselves and these prisons are portable from one place, job, or relationship to the next. The prison is mobile because we live it in our own bodies and minds. We can be the victims of our own cruel joke that we are our own worst enemy in how we think about ourselves and how we treat ourselves and let others treat us. Marcel Proust poetically suggests

one potential way out of this. Discover within yourself the capacity to see that which seems uneventful or uninteresting with new eyes. Let these new eyes guide you to see yourself and the world around you anew. Gain a perspective to see beyond all the patterns of actions, thoughts and feelings through which you may have lived which may have been a prison in which as it turns out you hold the keys to unlock the door. May we all be so blessed as to find such new eyes to discover our lives anew and may we share with each other how we found them.



Elder Doug Knockwood (left), is congratulated by Sgt Tony Parsons of MARLANT’s Defence Aboriginal Advisory Group.

VIRGINIA BEATON, TRIDENT STAFF

Mi’kmaw elder receives Order of Nova Scotia

By Virginia Beaton, Trident Staff

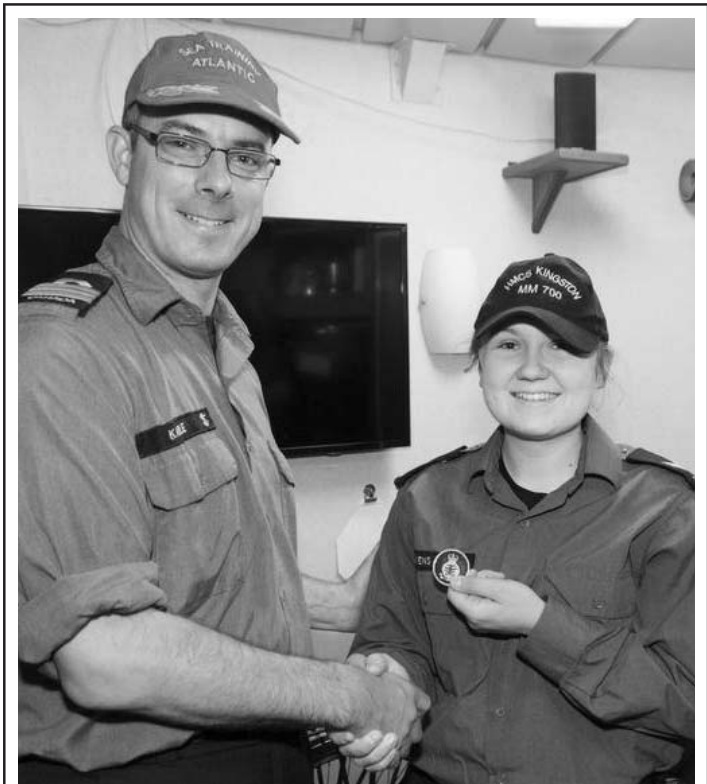
Elder Freeman Douglas Knockwood, a CAF veteran and distinguished member of Nova Scotia’s Mi’kmaw community, was made a member of the Order of Nova Scotia.

During the investiture ceremony at Province House on Wednesday, October 12, Elder Knockwood became one of five Nova Scotians to receive the province’s highest honour.

Elder Knockwood’s biography includes a stint in a residential school, from which he was removed by his father, as well as a stint in the CAF. He has overcome challenges including tuberculosis that caused the loss of a lung; homelessness, and alcohol-

ism. As his biography noted, “He has used Mi’kmaw spiritual teaching and personal experience to help others overcome addiction across Canada. He is well known for his work with youth and vulnerable people afflicted with drug and alcohol problems, Elder Knockwood is a loved and respected elder.”
Glennie Langille, Chief of Protocol and Secretary of the Order of Nova Scotia, told the award recipients that they had earned the respect of all Nova Scotians. Prospective recipients are nominated by the citizens of the province.
Attendees at the ceremony included His Honour the Honourable BGen (ret’d) J. J. Grant, Lieutenant Governor of Nova Scotia, and Mrs. Grant; The

Honourable Diana Whalen, Deputy Premier; family and friends of the honorees; and Sgt Tony Parsons of the MARLANT Defence Aboriginal Advisory Group, attending on behalf of RAdm John Newton, Commander JTFA and MARLANT.
As Chancellor of the Order of Nova Scotia, Lieutenant Governor Grant said that as the representative of Her Majesty the Queen, he extended his congratulations to all the 2016 recipients of the Order of Nova Scotia, describing them as “exceptional individuals.” In her remarks, Deputy Premier Diana Whalen observed that Elder Knockwood “is an inspiration to others.”
In an email to Trident, VAdm (ret’d) Paul Maddison, formerly Commander Royal Canadian



Earning honours from Sea Training Atlantic

LS Gracie Aikens, a member of HMCS Kingston, receives a Sea Training Commander’s Coin from Cdr Jason Karle, commander Sea Training Atlantic, in recognition of LS Aikens’ efforts during sea training prior to deployment on Op CARIBBE on October 14, 2016.

CPL JENNIFER CHIASSON, 12 WING IMAGING

Navy and now Canada’s High Commissioner to Australia, re-collected how Elder Knockwood’s relationship with the CAF became established.
“I first met Elder Knockwood during the JTFA Pow Wow in 2008. We shared stories and quickly learned that he and my father had known each other growing up in Springhill. In fact they had played outdoor hockey together up there as kids. Today I remain humbled by the examples of service, leadership, personal courage and spiritual growth that have defined Elder Knockwood’s life. I felt privileged that he chose to honour the men and women of JTFA and our families by his participation in many important events under my command, especially the consecration and

presentation of a new Queen’s Colour in 2009 and during the Naval Centennial in 2010. His appointment to the Order of Nova Scotia was richly deserved, and I send sincere congratulations from Australia.”
The other 2016 recipients of the Order of Nova Scotia included Francoise Elvina Baylis, who holds the Canada Research Chair in bioethics and philosophy in the Faculty of Medicine at Dalhousie University; Arthur Bruce McDonald, a Nobel Prize-winning astrophysicist and professor at Queens University; James Leonard Morrow, artistic director of Mermaid Theatre; and Donald Reid, the fossil collector whose substantial collection forms the core of the Joggins Fossil Centre.



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