



# Between the crosses, row on row

A rededication ceremony for two First World War airmen was held on October 12 in France. Retired RCN officer LCdr Steve St-Amant and his wife Niamh did the research that uncovered the identities of the aircrew, who were killed in 1916.

SAC NICHOLAS EGAN, RAF



Girl Guides visit HMCS *Halifax* Pg



Training with allies on Op Pg. 3 REASSURANCE Pgs. 5-6



Remembrance 2017 Pgs. 13-18



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# HMCS St. John's comes home after critical relief work in Caribbean

#### By Ryan Melanson, **Trident Staff**

The Commanding Officer of HMCS St. John's says his ship's company was able to provide muchneeded help, including the rescue of Canadians, while deployed on **Op RENAISSANCE to Caribbean** Islands ravaged by hurricanes Irma and Maria.

The ship returned to Halifax on October 1 after about three weeks in the region that saw St. John's sail first to South Caicos and then to the island nation of Dominica.

"When we got to the island of Dominica, it was obvious we were in a lifesaving situation. We needed to get in there and rescue some people who had been trapped because of the storm in outlying communities, so that was an immediate task for us when we arrived," said St. John's CO Cdr Gordon Noseworthy.

He described the damage to the Island as catastrophic, with once vibrant communities littered with overturned cars, heavily damaged structures and blocked or flooded roadways, and rural areas stripped of their greenery and buried in downed trees, branches and other debris.

Work parties from the ship quickly got to shore to assist with debris cleanup and clearing roads, technicians were able to help restore power to numerous generators and running water in some areas, and on board St. John's, the ship's reverse osmosis machines were used to make more than 27,000 litres of clean water that was brought to shore via Sea King.



Rosemary and Howard Shillingford, left, are greeted by GAC personnel and members of HMCS St. John's Sea King detachment in Dominica to be airlifted to Douglas Charles Airport on September 24.

HMCS ST. JOHN'S AIR DETACHMENT

"The water was very much needed in that area, and we had locals waiting on land to immediately get those big bottles and start distributing it to people who needed it," Cdr Noseworthy said.

A highlight of the mission involved the evacuation of two Canadians who became stranded at their badly damaged home in a mountainous region that was inaccessible by

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The couple who were evacuated, Howard and Rosemary Shillingford, also have a home in the Halifax area, and their daughter, CWO Marlene Shillingford, is a member of 12 Aircraft Maintenance Squadron at 12 Wing Shearwater. All three came to the jetty to greet the ship as it returned and to express gratitude for the help the Shillingford's received to leave the island quickly and safely.

CWO Shillingford contacted Global Affairs soon after Hurricane Irma hit Dominica in early September, after which four days went by where she

was unable to communicate with her parents.

'We wanted to make sure the Government knew there were Canadians on Dominica," she said.

Her parents described a feeling of immense relief when they finally spotted the Sea King approaching on September 24, and said they didn't know how long they would have been stuck if not for the CAF support. All that remained of their solidly built 2.000 square foot home was the exterior walls, and the couple rode out the worst five hours of Hurricane Irma sheltered in their washroom as winds blew at more than 275 km/h outside.

"It was hell, the noise sounded like machine guns going off. It was just terrible," Howard Shillingford said.

Through radio broadcasts and by working with Global Affairs Canada and the Canadian Disaster Assessment Team, crews were also able to help evacuate other locals who were stranded, including some with medical complications who required transport to a hospital. The ship also served as an excellent platform for the coordination of relief efforts and aid distribution on the ground.

While the recovery process for the region will be long and difficult, the decision to have St. John's return to Canada was based on the assessment of professionals on the ground and was not taken lightly, Cdr Noseworthy said. With power restored to Dominica's main airport and a steadily improving situation in the capital city of Roseau, along with NGOs and other sources of aid joining relief efforts, the CAF and Canadian Government are confident the island will have the needed support to begin rebuilding.

In addition to St. John's and its Sea King detachment, CAF contributions to relief efforts through Op RENAIS-SANCE included two CC-130J Hercules aircraft and a CP-140 Aurora based out of Barbados, a CC-177 Globemaster providing airlift support to Puerto Rico and the US Virgin Islands, and a Land Task Force consisting of a liaison and reconnaissance team in Barbados.



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# Girl Guides get RCN crash course aboard HMCS *Halifax*

#### **By Ryan Melanson,** Trident Staff

"We are Guides, all Guides And in unexpected places You'll meet our friendly faces And a ready hand beside..."

Those were the words ringing out through HMC Dockyard on October 10 as a group of young guests marched and sang their way to HMCS *Halifax* for a special visit.

The group of 10-12 year-old girls were representatives of the 2nd Shoreview Guide Unit of Girl Guides of Canada. They came to the base, along with three of their leaders, to get a quick introduction to the Royal Canadian Navy and some of the jobs available to young women who decide to pursue a naval career in the CAF.

Kara Doucet, a student at Dalhousie University and a long-time Girl Guide turned volunteer with the organization, said her unit is trying to introduce the Guides to a range of traditionally maledominated jobs and activities, and push the notion that girls can grow up to excel in any area with hard work and dedication. The idea to incorporate a Navy visit came when a few of the young girls asked their leaders if women were allowed to serve in the Canadian military.

"I found it shocking that some of the girls didn't know," said Doucet, who grew up in a military family and has memories of visiting RCN ships as a child.

"I always found it to be an exciting experience, so we decided to take them on a Navy ship and show them that women can be successful members of the Canadian Armed Forces."

The young visitors were excited to enter a military base and see the inside of a warship for the first time, and with the Royal Canadian Navy celebrating the International Day of the Girl on October 11, *Halifax* was thrilled to welcome the group at such an appropriate time. The RCN has recently set a goal to increase the representation of women in service across all trades and ranks, and the wider CAF goal is to increase the number of female personnel by one percent annually, so that within 10 years, one in four members will be female. And some of the core values of the Girl Guides, like confidence, community mindedness, and supporting those around you, as well as a focus on physical activity and healthy eating, line up closely with the values and culture of the RCN and CAF.

Female sailors from the ship led the way as the Girl Guides group toured the inside of the ship, participated in a sunset ceremony, took in a demonstration of firefighting equipment, and asked lots of questions of the sailors who stuck around for the evening to show the girls around. With a varied group of tour guides that included SLt Marisa Warner, a MARS Officer, LS Corey Aube, a Bosn, and LS April White, a Steward, the girls heard about the multitude of different jobs and roles that exist on a Halifax-class Frigate.

Francine Leach, another volunteer leader and mom to two young girl guides, said the opportunity was a unique one for the girls and something they all enjoyed, even if it involved going a little outside of comfort zones to get inside the ship.

"Some girls were very scared to climb down the ladder, but were so proud of themselves once they did it. It was a great experience for the girls to meet women who are in these careers."



LS Corey Aube demonstrates some of her firefighting gear for the visiting Girl Guides group.

RYAN MELANSON/TRIDENT STAFF



Members of the 2nd Shoreview Guide Unit of Girl Guides of Canada visited HMCS Halifax on October 10 to get introduced to some of the jobs available in the RCN.

RYAN MELANSON/TRIDENT STAFF

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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 that one year from publication date. Submissions mav be edited.

Author's Stage: Ken Dryden Time: 6:30 p.m. Date: Thursday, November 2 Location: Halifax Central Library

Hockey Hall of Fame inductee and NHL legend Ken Dryden, along with host John Demont, will discuss Ken's latest book, Game *Change: The Life* and Death of Steve Montador, and the Future of Hockey. Dryden's new book explores the connections between hockey and concussions, and how the medicine and science related to brain trauma may impact the future of the game.

Halifax Harmonizers Malt Shop Sock Hop

Time: 2-3 p.m. Date: Saturday, November 4 Location: Halifax Central Library

The Halifax Harmonizers are charter members of the Barbershop Harmony Society (BHS), which dates back to 1938. They formed recently from the amalgamation of the Atlantic Swells and Millstream Chorus, two choruses from the municipality. The group is committed to providing high quality entertainment with an emphasis on having fun and making those chords ring. Halifax Harmonizers is under the direction of Paul Creaser and Russ Sketchley.

Exploring Bedford's Rifle Range Time: 2:30 p.m. Date: Sunday, November 5 Location: Bedford Public Library Join amateur historian Mark Currie for a fascinating historical overview of a facility that played an important role in the evolution of military and civilian marksmanship in Nova Scotia. Supported by the Province of Nova Scotia in partnership with the Department of Communities, Culture, and Heritage

Combined Operations in the Second World War: Fred Turnbull's Story of Service

Time: 1:30 p.m.

Date: Wednesday, November 8 Location: Sackville Library Join us for a special presentation with naval veteran Fred Turnbull, recent recipient of the French Legion of Honour medal and author of *The Invasion Diaries, 1942-1945*. During the Second World War, Turnbull took part in four Allied invasions, which

included landings in Normandy, southern France, Sicily, and Greece. In this presentation, he will discuss his Combined Operations story and present digital wartime photos. Refreshments will be provided.

Supported by the Province of Nova Scotia in partnership with the Department of Communities, Culture, and Heritage

Did Boston save Halifax? Time: 7 p.m. Date: Tuesday, November 21 Location: Maritime Museum of

the Atlantic Through the decades since the

Halifax Explosion, Nova Scotians have given praise and thanks to the city of Boston for coming to the aid of Halifax, but that story has overshadowed the amazing work of medical personnel and ordinary citizens, as well as the surrounding communities who sent help as soon as they learned what had happened. Janet Maybee, a retired teacher and research associate at the Maritime Museum of the Atlantic, and the award-winning author of *Aftershock: the Halifax Explosion and the Persecution of Pilot Francis Mackey*, will speak on this topic in a free public talk and explore stories of caring and generosity from locals who helped in the aftermath.

Speaker Series: National Chief Perry Bellegarde

Time: 7 - 8:30 p.m.

Date: Wednesday, November 22 Location: Mount Allison University Convocation Hall

Elected as National Chief of the Assembly of First Nations in 2014, Perry Bellegarde has spent his entire adult life putting into practice his strong beliefs in the laws and traditions instilled in him by the many Chiefs and Elders he has known over the years. Passionate about making measurable progress on the issues that matter most to First Nations people, he is a strong advocate for the implementation of Inherent Aboriginal and Treaty Rights. Widely known as a consensus builder with a track record of accomplishment, he works to bring community people, leaders, Chiefs and Elders together to move issues forward. This speaking event is open to the public.



# OK Tire Day at 12 Wing

Cpl. Karl Rousseau (right) was among the many local members taking advantage of OK Tire Day at 12 Wing Shearwater on October 11. The event featured various door prizes, as well as the chance to win a \$100 CANEX card by simply requesting a quote from OK Tire. On hand for the festivities were Ray Coggins (left) from the Dartmouth OK Tire outlet, and Brian Winsor, territory manager for OK Tire.

DAVE MACNEIL, TRIDENT SALES

# Enhanced naval boarding party on HMCS *Charlottetown* trains with Royal Danish Navy

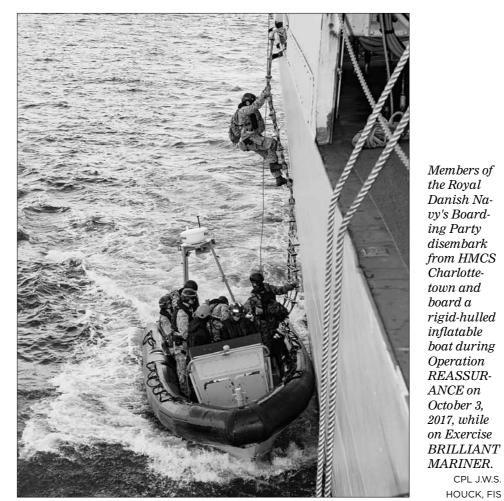
#### By Lt(N) Meghan Jacques and LS Richard Donafeld, Operation REASSURANCE MTF

Taking advantage of their time operating closely with NATO allies, the enhanced naval boarding party deployed in HMCS *Charlottetown* recently facilitated a combined team training exercise for the Royal Danish Navy's boarding team from Her Danish Majesty's Ship (HDMS) Niels Juel.

Royal Canadian Navy ships each have a boarding party made up of crewmembers who have other primary duties. An enhanced naval boarding party is an additional team with specialized skills. It works with the regular boarding party to enhance the ship's maritime interdiction operation capability. During this exercise, the enhanced naval boarding party worked with *Charlottetown*'s boarding party and the Danish boarding party, sharing knowledge and learning a different perspective.

"This combined training with our Danish counterparts expands our team's way of thinking and problem solving, while allowing us to see challenges in the maritime environment from a different angle and cultural perspective," said Lt(N) Jacob Killawee, Enhanced Naval Boarding Party Team Lead.

"The Danish sailors are a class act bunch and were always eager to learn more. Meeting new people from different countries is always a great part about our job, as we get to go to work and be presented with new challenges every day," he added.



The Royal Danish Navy's boarding team has ten members, including one boarding officer and one assistant boarding officer. They visited *Charlottetown* on September 18 and 19, 2017, to participate in the exercise.

The training consisted of roundrobin style stations, spanning topics including medical considerations, close quarter battle, tactical movement, personnel handling, small arms weapons training and search techniques. As part of the first training day, the Royal Danish Navy's boarding team demonstrated their national doctrine, and the enhanced naval boarding party demonstrated Canadian procedures, highlighting recommended modifications to their methodology that could allow their team to conduct boardings more safely and efficiently.

Over the course of the two-day training program, the enhanced naval boarding party coached their own team and the Danish team through weapons handling, close quarters battle, use of force, personnel handling, and casualty scenarios. They practiced moving through a boarded ship safely and securely, moving up and down through ladders and hatches, extracting casualties from difficult spaces, detaining non-compliant personnel, and engaging in escalation of force scenarios simulating a hostile boarding environment.

The goal of this capacity-building training exercise was to share knowledge and best practices between the boarding teams of these two NATO countries.

Not only was the two-day session successful in its goal to improve interoperability, it was extremely useful for the enhanced naval boarding party to have the opportunity to be exposed to another country's approach to boarding operations.

On August 8, 2017, *Charlottetown* deployed to the Baltic Sea on Operation REASSURANCE, joining Standing NATO Maritime Group One (SNMG1). SNMG1 is a naval force made up of ships from NATO countries that are working together to reassure allies in the region of NATO's intent to support their stability and security. *Charlottetown* is the seventh Royal Canadian Navy ship tasked to Operation REASSURANCE.

# NDWCC: Why do I give?

#### By Capt(N) Paul Forget, Base Commander

As Base Commander, I belong to various organizations that are directly related to the community. For example, I sit on the Board of Directors for the Greater Halifax Partnership and the Chamber of Commerce. But the most rewarding position I hold is the one with the United Way right here in Halifax.

I see many local charities that benefit from our support, such as the Marguerite Centre for women who are recovering from addictions or ADSUM House, a home that assists people transition from crisis to stability. Big Brothers and Big Sisters offer children the opportunity to have a role model or mentor through a fulfilling act of friendship. Right here in our neighbourhood, Veith House offers a wide array of services to build a healthier and more vibrant community.

I have seen first-hand how the support they receive either through your participation in events, offering your services or your cash donations all of which allow them to keep vital programs running.

We have 16 HealthPartners that are important to our lives. Not too many of us can say that they have not been touched by cancer, Alzheimer's disease, heart attacks, diabetes, or cystic fibrosis.

If you are considering charities that are closer to our uniformed service, our MFRC is the Strength Behind the Uniform. It serves us in many extraordinary ways to improve the lives of our families. HMCS *Sackville* is Canada's Naval Memorial and is our naval legacy. Both are great charities to consider.

The Commander of RCN, as the

Champion for the National Campaign, is challenging all of us. He wants us to consider how fortunate we are, the successes of the last 150 years and for us to continue to be proud of the great country we call Canada.

Let's celebrate our 150th anniversary and donate to NDWCC by pledging \$1.50 a pay, \$15.00 a month or perhaps a lump sum donation of \$150.00. Give what you can and be proud that you are helping your community and neighbours lead a better life.

Why do I give? My family and I are fortunate to live in this community, we see the good that is all around us and we know it is the right thing to do. Why do you give?



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# HMCS *Charlottetown* participates in Ex BRILLIANT MARINER 17

#### **By Lt(N) Meghan Jacques,** HMCS *Charlottetown* UPAR

HMCS *Charlottetown*, currently deployed on Operation REASSURANCE, participated in Exercise BRILLIANT MARINER 17 in the Mediterranean Sea from September 29 to October 13, 2017.

Ships from Standing NATO Maritime Group One (SNMG1), including *Charlottetown*, joined ships from other NATO nations to conduct Exercise BRILLIANT MARINER. It was a maritime NATO Response Force (NRF) interoperability exercise conducted just south of France. The exercise focused on training Allied and partner forces to respond together to a maritime crisis situation.

The exercise began with two days of planning in Toulon, France. After that, the ships went to sea for Combat Effectiveness Training and Fleet integration Training (CET/FIT). This included boarding party team training, gunnery exercises, air defense exercises, and anti-submarine warfare exercises.

The final phase of the exercise was dominated by a large-scale, multi-war scenario. Additional elements of the scenario were coordinated by staff from the French Maritime Forces, who were coordinating Exercise BRILLIANT MARINER 17.

Although the scenario itself was fictitious, it simulated realistic scenarios and incorporated asymmetric threats and elements of information and cyber warfare. This exercise also served as certification training for



The Maritime Tactical Operations Group from the CAF conducts small arms training aboard HMCS Charlottetown during Op REASSURANCE on October 3, 2017. CPL J.W.S. HOUCK, FIS

the French Maritime Forces to verify their capacity to command NRF missions in the future.

Ships from thirteen different countries participated in Exercise BRIL-LIANT MARINER 17. It also included fast-inshore-attack craft training assets, air-target towing craft, submarines, maritime patrol aircraft, and simulated press and journalism teams. All of this combined to provide realistic training for everyone involved.

The final scenario simulated defensive and offensive actions. Training included the proper execution of warning procedures to de-escalate hostilities and determine the intentions of opposition forces, routine maintenance of the recognized maritime picture and merchant patternof-life, and processing intelligence reports from multiple units.

As a member of the SNMG1 task force during the exercise, *Charlottetown* served as the local anti-submarine warfare commander. The ship conducted regular patrols in order to detect, track, and deter surface and sub-surface contacts from the simulated opposition force.

*Charlottetown* effectively shadowed opposition force vessels in order to deter simulated territorial water violations. This preserved civilian vessels' right to freedom of navigation in international waters in accordance with the United Nations Convention on the Laws of the Sea. This role mirrors the role *Charlottetown* would fulfill as a member of a real-world NRF if it were ever called upon to respond to a crisis situation while deployed.

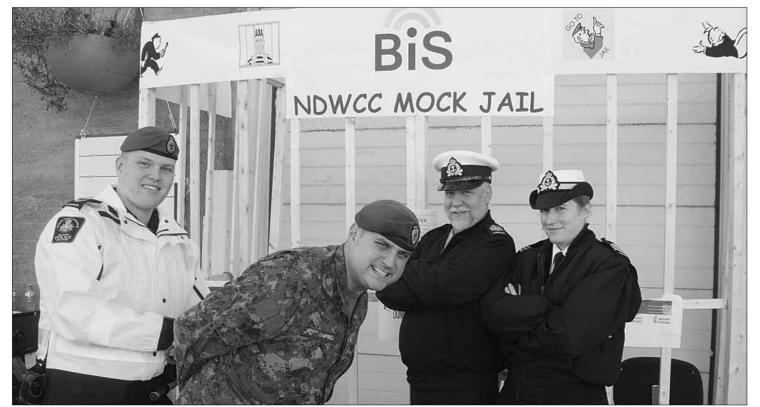
*Charlottetown* joined SNMG1 in August 2017. Since then, it has participated in training and exercises in the Baltic Sea and Northern Atlantic Ocean.

SNMG1 also includes the following vessels: His Majesty's Norwegian Ship Otto Sverdrup; Federal German Ship Rhön; Navio da República Portuguesa Francisco de Almeida; Her Danish Majesty's Ships Niels Juel and Esbern Snare; Spanish Ship Numancia; and His Netherlands' Majesty's Ship Evertsen.

# To the brig for a good cause

Personnel from BIS held a Mock Jail event in front of D40 on October 19 in support of the 2017 NDWCC campaign. DND employees, either military or civilian, could be brought to justice and locked up for \$15 per 10 minutes in the cell. Here, Cpl Kyle Grant with MPU Halifax helps "arrest" the BIS Command Team, consisting of, from left, Maj Kristopher Campbell, CPO1 Wesley Whitlock, and Cdr Seana Routledge. MCpl Sebastien Poirier, the lead organizer and investigator for the day, said the event was a success and donations were up from last year's Mock Jail.

RYAN MELANSON, TRIDENT STAFF



# III or injured CAF members wanted for study on transition to civilian life

#### By The Maple Leaf

Would you and a family member be willing to be interviewed for a study on the transition from military to civilian life of ill or injured CAF members?

**Researchers from the Department** of National Defence and the CAF, in partnership with Veterans Affairs Canada (VAC), want to better understand the experiences of ill or injured CAF members and their families during this period in their lives.

The interviews will take about 90 minutes each, either in person or by telephone, and also include a brief questionnaire. Researchers would like to speak with ill or injured members

who have recently been released from the CAF or are expecting to be released in the near future, as well as the member of their family who primarily provides them with help or support because of the illness or injury (e.g. spouse/partner, parent, or other adult family member). The ill or injured person and their family member can choose to be interviewed together or separately, based on their preference.

In addition to helping better understand the needs of ill or injured members and their families during the transition to military life, the study will:

Help identify ways to improve the accessibility or quality of current

transition services and programs to better meet needs:

- Ask some general questions, as part of the interview. about the nature of the illness or injury the family is facing (participants will not be asked to provide specific details);
- Ensure that information provided as part of the study will remain confidential and anonymous. Only group results will be reported and personal information that may identify individual participants will never be mentioned in any published results;
- Ensure that there is no link whatsoever between this study and a participant's career or access to CAF/VAC services and programs.

If you and your family member would like to participate or have further questions or concerns before making a decision, please contact Dr. Alla Skomorovsky at (613)-901-9615 or by email at alla.skomorovsky@forces. gc.ca or Dr. Jennifer Lee at (613) 901-9603 or by email jennifer.lee@forces. gc.ca

The research submission titled, Experiences of ill or injured CAF members and their families with the transition from military to civilian life and related support programs and services has been approved by the DGMPRA Social Science Research Review Board, in accordance with DAOD 5062-0 and 5062-1. The SSRRB approval # is 1659/17F.

## À la recherche de membres des FAC malades ou blessés dans le cadre d'une étude sur la transition à la vie civile

#### Par La Feuille d'érable

Est-ce que vous et un membre de votre famille accepteriez de répondre à des questions dans le cadre d'une étude sur la transition de la vie militaire à la vie civile d'un membre des FAC malade ou blessé?

Des chercheurs du ministère de la Défense nationale et des FAC, en partenariat avec Anciens Combattants Canada (ACC), souhaitent mieux comprendre ce que vivent les membres des FAC malades ou blessés et leur famille pendant cette période de leur vie.

Les entrevues d'environ 90 minutes chacune seront effectuées en personne ou par téléphone; le processus d'entrevue comporte aussi un bref questionnaire. Les chercheurs aimeraient discuter avec des militaires malades ou blessés qui ont récemment été libérés des FAC ou qui s'attendent à être libérés prochainement, ainsi qu'à un membre de leur famille qui leur apporte principalement de l'aide ou du soutien en raison de leur maladie ou de leur blessure (p. ex., conjoint ou partenaire, parent ou autre adulte de la famille). La personne malade ou blessée et le membre de sa famille peuvent choisir de participer à l'entrevue ensemble ou séparément,

selon leurs préférences.

Outre le fait de mieux comprendre les besoins des militaires malades ou blessés ainsi que ceux de leur famille pendant la transition vers la vie civile, l'étude permettra aussi :

- de trouver des façons d'améliorer l'accessibilité ou la qualité des services et des programmes de transition actuels, afin de mieux répondre aux besoins;
- de poser des questions générales pendant l'entrevue sur la nature de la maladie ou de la blessure à laquelle la famille est confrontée (on ne demandera pas aux participants de fournir des détails précis);
- de veiller à ce que les informations fournies dans le cadre de l'étude demeurent confidentielles et anonymes. Seuls les résultats de groupe seront publiés; les renseignements personnels ne figureront dans aucune publication liée à l'étude;
- de veiller à ce qu'il n'existe aucun lien entre l'étude et la carrière d'un participant ou son accès aux services et aux programmes des FAC ou d'ACC.

Si vous et un membre de votre famille souhaitez participer à l'étude ou obtenir plus de détails avant de

prendre une décision, veuillez communiquer avec les personnes suivantes

Alla Skomorovsky, Ph. D., au

613-901-9615 ou par courriel à alla. skomorovsky@forces.gc.ca ou Jennifer Lee, Ph. D., au 613-901-9603 ou par courriel à jennifer.lee@forces.gc.ca



## Passing the boot for NDWCC

Cpl Derek Goulding passes the boot to collect donations to 12 Wing Shearwater's NDWCC 2017. The event took place at the 12 Wing main gate on October 6, 2017. CPL ANTHONY LAVIOLETTE, 12 WING IMAGING





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# Modernizing the Relocation Service Delivery Model - CAF Relocation Program

#### By CMP

As previously communicated in the Know Your Benefits page, as of December 1, 2017, CAF members will see changes in how relocation services are delivered.

Relocation benefits will remain the same. However, face-to-face services with an advisor will be replaced with 24 hr online access to your personal file through a computer or an App. This will include everything from your relocation budget to all the important relocation information to help you move. If you can't find the specific answer you need online, a contact centre will be open weekdays 8 a.m. to 8 p.m. Eastern Time.

In addition, members will be given a cash card so families will no longer

have to pay up-front, out of their own pockets for their approved moving expenses. The new reloadable declining balance ReloCard (a cash card, not a credit card) will provide CAF members and their families with money to cover relocation related expenses for everything from meals and hotels to appraisers and lawyers.

A trusted CAF partner for the past two decades, BGRS (formerly Brookfield Global Relocation Services) will deliver these new services. BGRS have established a new contact centre, where more than 100 experienced staff will guide CAF members and process their expense claims.

The new model is designed to be flexible and customized to each user. Members can receive estimates for expenses and be provided tasks, timelines, and financial information based on benefits according to each situation and family circumstances.

The secure, web-enabled, self-service system will coordinate and manage all aspects of the relocation and help the member navigate the menu options to:

- View relocation budget, track and request advance of funds, upload receipts, track expenses, and submit claims
- Search general information at their destination for, as examples, new schools and hospitals
- Review the directory to select third-party service providers, such as realtors, home appraisers, and lawyers
- Access important and relevant relocation information, including

video presentations and fact sheets Review emails or conduct live chat sessions, phone calls, and video calls in the Communications Hub. Agents will be available weekdays from 8 a.m. to 8 p.m. Eastern Time

In addition, Android and Apple iOS apps ensure members can use their own devices to manage their relocation anywhere at any time.

As per Canada's Defence Policy-Strong, Secure Engaged - this modernized service is designed to meet the evolving needs of CAF members and their families. It will improve access to information to enable timely, wellinformed relocation decisions at both place of origin and destination. More information on the new delivery model will be provided in the near future.

# Modernisation du modèle de prestation du service de réinstallation - Programme de réinstallation des FAC

#### Par CPM

Comme annoncé précédemment sur la page Web Connaissez vos avantages sociaux, à compter du 1er décembre 2017, les militaires des FAC pourront observer des changements dans le mode de prestation des services de réinstallation.

Les indemnités de déménagement

demeureront les mêmes. Cependant, les services offerts en personne par un conseiller seront remplacés par un accès continu à votre dossier personnel en ligne à partir d'un ordinateur ou par l'intermédiaire d'une application mobile. Ce dossier contient tout ce dont vous aurez besoin pour vous réinstaller, allant de votre budget de réinstallation à tous les renseignements néces-

saires pour vous aider à déménager. Si vous ne trouvez pas la réponse à votre question en ligne, vous pourrez vous adresser au centre d'appels, qui offrira ses services du lundi au vendredi, de 8 h à 20 h, heure de l'Est.

De plus, les militaires se verront remettre une carte de paiement. Ainsi, les familles n'auront plus à payer à l'avance, de leurs propres poches, des frais de déménagement déjà approuvés. La nouvelle carte rechargeable à solde dégressif ReloCard (c'est une carte de paiement, pas une carte de crédit) fournira aux militaires des FAC et aux membres de leur famille les fonds nécessaires pour couvrir toutes les dépenses liées à la réinstallation, qu'il s'agisse de repas, d'hébergement, de frais d'évaluation ou de frais juridiques.

Partenaire de confiance des FAC depuis vingt ans, la société BGRS (anciennement Services globaux de relogement Brookfield) sera chargée de la prestation de ces nouveaux services. BGRS a établi un nouveau centre d'appels avec plus d'une centaine d'employés expérimentés pour guider les militaires des FAC et traiter leurs demandes de remboursement.

Le nouveau modèle est conçu de manière à être flexible et personnalisé pour chaque utilisateur. Les militaires peuvent recevoir une estimation de leurs dépenses et se voir attribuer des tâches, des échéanciers et des renseignements financiers en tenant compte des prestations auxquels ils ont droit selon leurs situations personnelle et familiale.

Le système Web libre-service sécurisé procédera à la coordination et à la gestion de tous les éléments du processus de réinstallation et aidera les militaires à s'y retrouver dans les options du menu afin de :

- Consulter le budget de réinstallation, demander une avance de fonds et en faire le suivi, télécharger des reçus, faire le suivi des dépenses et présenter des demandes de remboursement
- Trouver des renseignements généraux sur leur nouvelle région sur les écoles et les hôpitaux, par exemple
- Consulter le répertoire pour choisir des fournisseurs de services tiers : agents immobilier, évaluateurs, avocats.
- Accéder à des renseignements importants et pertinents sur la réinstallation, notamment des vidéos et des fiches techniques
- Passer en revue des courriels, clavarder en direct, faire des appels téléphoniques et des appels vidéo dans le Centre des communications. Des agents seront disponibles du lundi au vendredi, de 8 h à 20 h, heure de l'Est

Par ailleurs, grâce aux applications mobiles compatibles avec Android et Apple IOS, les militaires pourront utiliser leur propre appareil pour gérer leur réinstallation partout et en tout temps.

Conformément à la nouvelle politique de défense du Canada - Protection, sécurité, engagement - ce service a été modernisé pour mieux répondre aux besoins en constante évolution des militaires des FAC et de leur famille. Il permettra d'améliorer l'accès à l'information afin que les militaires soient en mesure de prendre des décisions éclairées et opportunes quant à leur réinstallation, que ce soit au sujet de leur ancien domicile ou du nouveau. De plus amples renseignement le nouveau modèle de prestation de services vous seront transmis sous peu.



# **Fire Prevention Week 2017**

Sparky the Fire Dog joins members of the 12 Wing Shearwater fire department in a presentation on fire prevention and safety to children at the Shearwater site of the MFRC.



### HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

www.halifaxmfrc.ca 902.427.7788

#### Happy Harry's to donate portion of sales to military families

The Halifax & Region Military Family Resource Centre will receive 10% of all sales made between November 1-11 at Happy Harry's Affordable Building Centre in Burnside. If you're thinking about home renovations, buy your material from November 1-10 and support military families.

#### Happy Harry's pour faire don d'une partie des ventes aux familles militaires

Le Centre de ressources des familles militaires d'Halifax et des régions (CRFM H et R) recevra 10% de toutes ventes effectuées entre le 1ier et 10 novembre au Happy Harry's Affordable Building Centre à Burnside. Si vous pensez à la rénovation domiciliaire, achetez votre matériel à partir de novembre 1-10 et soutenez les familles militaires.

#### Veterans' Week

Next week (November 5-11), is Veterans' Week, a time when it is especially important to reflect on our country's history and to embrace what it means to be Canadian. It's also a meaningful time to show appreciation and respect to honor all those who wear and who have worn the uniform.

Here at the H&R MFRC, we also understand the role that military families have played and continue to play. We believe military families are the strength behind the uniform and we exist to strengthen their wellbeing. And as families have evolved, so have the challenges associated with being a military family, and thus, so have our programs and services. For more information on what we do and to get involved, please visit: www.halifaxmfrc.ca or call 902-427-7788.

#### NDWCC (Everyone's favorite acronym!)

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



September's Volunteer Social was held at the PC Cooking School (Superstore, Joe Howe), where volunteers donned aprons and had a great time learning how to create a yummy three-course meal.

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.

## CCMTDN (L'acronyme préféré de tout le monde!)

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 (CC-MTDN) 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.halifaxm-frc.ca .

#### 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 prizewinner 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.

#### Save the date

Be sure to mark Saturday, December 9 on your calendar for our H&R MFRC holiday event. We are very pleased to be hosting Breakfast with Santa, a fun-filled morning for families that will take place at the Halifax and Shearwater MFRC sites. Stay tuned for more information.

#### Date à retenir

Assurez-vous d'inscrire samedi le 9 décembre à votre calendrier pour ne pas manquer Breakfast with Santa (le petit déjeuner avec le père Noël) au CRFM H et R. Ce matin amusant pour toute la famille se tiendra aux sites du CRFM à Shearwater et à Halifax. Restez à l'écoute pour plus d'informations. C'est un rendez-yous.

SUBMITTED

### 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 évènements automnaux du CRFM

Le personnel s'affaire à organiser une belle variété de programmes et d'évènements 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 connaitre les détails, les inscriptions et les dates limites des évènements.



CF CHAPELS Chapel Services de la Chapelle • Sunday/dimanche STADACONA 10h30 - Protestant -English Nh00 - Roman Catholic -bilingual/bilingue Visit: www.rcmilord.com for more information/pour les renseignements BAPTISM, MATRIMONY & OTHER SACRAMENTS - BY APPOINTMENT/REQUEST

"In the beginning was the Word, and the Word was with God, and the Word was God."  $\,$  - Gospel according to Folm

# MODSEHEADS DND APPRECIATION NIGHT

## FRIDAY NOVEMBER 17<sup>TH</sup> SCOTIABANK CENTRE @ 7PM \$10 TICKETS FOR DND MEMBERS

VISIT ANY PSP FITNESS, SPORTS AND RECREATION CENTRE TO PURCHASE TICKETS

cafconnection.ca/halifax

f /psphalifax





Support our veterans. Wear a poppy.



# If they ask us who we are, we're the RCNVR

#### **By Dennis Schultz,** ROUTP '72, HMCS *Chippewa*

In May 1972, 45 young Canadians from across Canada gathered onboard HMCS *Cape Breton* in Dockyard Esquimalt, BC for their first summer training as Naval Reserve officers. Affectionately known as The Fred, the old maintenance and accommodation ship would be our home for the next four months, and little did we know then that this would be the start of a lifelong friendship.

Those summer training days were mind-blowing in many ways. We met so many unique Naval Reserve and **Regular Force officers and senior** NCMs who each left their mark. and many of these remarkable characters became strong, early mentors to us. We knew we were a challenge for our leadership as we attempted to embrace things nautical, learn a new language, and develop the skills needed to be productive and effective leaders in our respective Naval Reserve Units. To this day, our class reflects on the importance of our training as young officers, how it defined us, and gave us direction that would shape our futures and the various successes we achieved. Many of our class went on to serve lengthy naval careers in the Reserve and Regular forces.

Since 1992, the 20th anniversary of our first reunion organized by classmate Hugues Létourneau, the Class



A dinner at the Crow's Nest was among the festivities for the five-year reunion of the ROUTP Class of 1972. Seated: Capt (N) (ret'd) Hugues Létourneau, LCdr (ret'd) Mike Gervais. 1st row (Standing): Élaine Schultz, Cdr (ret'd) Margaret Therrien, LCdr (ret'd) Paul Therrien, Elizabeth Reddy, Cdr (ret'd) Gary Reddy, Bridget Madill, Cdr (ret'd) Donovan Arnaud. 2nd row: Karen Durnford, Anna Harper, Susan Mark (face partially hidden), LCdr (ret'd) King Wan, LCdr (ret'd) Don Koehler, Wenda Koehler, Debbie Perron, LCdr (ret'd) Steve Perron, Lt(N) (ret'd) Dave Jonasson (face partially hidden), Jean Jonasson, Carol MacLean, LCdr (ret'd) Brian McCullough, S/Lt (ret'd) Ross Anderson. 3rd row: Cdr (ret'd) Dennis Schultz, Cdr (ret'd) Dave Harper, LCdr (ret'd) Henry Mark, Capt (N) (ret'd) George Zimmerman, Marsha Zimmerman, A/Slt (ret'd) Jim Dee, Linda Dee, LCdr (ret'd) Phil Parker, Maj (ret'd) Brian McIntosh, LCdr (ret'd) John MacLean.

of '72 has been getting together every five years in a different city to renew the bonds we forged so long ago. To celebrate 45 years of our very special friendship, 19 members of our class and many spouses gathered in St. John's, NL from September 7 to 10. Classmate Gary Reddy and his wife Liz – St. John's natives both – put together an active program that kept us busy with tours to Cape Spear, Signal Hill, the Johnson Geo Centre, The Rooms, and a bit of sea time aboard an Iceberg Quest tour. From the Meet &

November 22 1000hrs to 1400hrs

Greet at CFS St. John's, to the fabulous dinner at the historic Crow's Nest in the heart of downtown, a grand time was had by all. As one of our classmates put it, "We drank beer and laughed a lot."

It was just awesome to see everyone, to reconnect, reminisce, tell stories, be entertained, laugh, and, oh yes - drink beer. The interesting thing is, whether we spent only one year in the Naval Reserve or went on to decades of service in naval uniform, the bond of friendship we forged 45 years ago as a band of brothers through our shared experiences, some of them very tough indeed, is as strong now as it ever was. We are happy to say that We Happy Few now includes a wonderful band of life partners who share their own special friendships, and who add an amazing dimension to our reunions. During our closing brunch on the Sunday morning we agreed that we will do this all again for our fiftieth anniversary five years from now in Winnipeg, Manitoba, when most of us will be around age 70.

We are all happy we took the decision to join our respective Naval Reserve Divisions 45 years ago, because without that we would never have had the experiences and developed the lifelong friendships that define in great part who we are today. It continues to be an outstanding adventure.

If they ask us who we are, we're the RCNVR....

toutes nos succursales <u>le 22 novembre</u>

de 10 h 00 à 14 h 00



## SISIP.com

# **Remembrance Day 2017**



WOs' & Sgts' Mess 12 Wing Shearwater PO Box 148 Shearwater, NS B0J 3A0 902-720-1091 Office hours Mon-Fri 9am-4pm

#### Somme Br. 31 R.C.L.

54 King Street PO Box 99 Dartmouth, NS B2Y 3Y2 902-463-1050 Mon-Thurs 10am-11:30pm Fri 10am-10pm Sat 10am-12am Sun noon-7pm Nov. 11 ceremonies moved To Sullivan's Pond Bandshell

#### **Atlantic Chief & POs Association**

PO Box 3533 DEPS Dartmouth, NS B2W 5G4 902-420-0370 Office hours: Fri 9:30-11:30am

#### Fleet Club Atlantic

PO Box 99000, Stn Forces Halifax, NS B3K 5X5 Main office 902-721-8350 PMC 902-471-3613 Fax 902-429-1710 Mess open Nov. 11 noon-8pm

# To you from failing hands we throw the torch

#### The Royal Canadian Naval Benevolent Fund

6 Beechwood Ave., Suite 9 Ottawa, ON K1L 8B4 Toll free: 1-888-557-8777 Office Hours: 9am-4pm Mon- Fri Email: rcnbf@rcnbf.com Web: www.rcnbf.ca "Established 1942 to relieve distress & promote well-being of eligible Regular and Reserve Force personnel, Veterans and their Dependents, who have served in the Royal Canadian Navy, Maritime Command as well as Merchant Navy war veterans."

#### RCL, Calais Legion, Br. 162

45 Sackville Cross Road Lower Sackville, NS Upstairs bar 902-865-9177 Office 902-865-4583 Mon closed Tue noon-10pm Wed 10am-10pm Thurs 10am-11pm Fri 10am-1am Sat noon-10pm Sun noon-6pm

#### **Centennial Branch 160**

703 Main St. Dartmouth, NS B2W 3T6 902-462-2910/902-404-3011 Open Mon-Sat 1-11pm Sat special functions 11am-1am Hall rentals Fridays: TGIF meals from 5pm & Chase the Ace 5-7pm Bingos Sun, doors open @ 6:30pm New members always welcome \$50 annual membership fee Lots of events happening

#### Earl Francis Spryfield Memorial Branch 152

7 Sussex Street Halifax, NS B3P 1L1 902-477-0467 Mon-Sat 10am-midnight Fri & Sat private functions and dances open till 1am Sun noon-11:30pm Bingo every Sun 1pm Karaoke nights (dates vary) 9pm-1am Open Nov. 11 following ceremonies

#### **Royal Canadian Naval Association**

Peregrine Branch 2623 Agricola Street Halifax, NS B3K 4C7 902-454-4385 Club hours: Closed Sun & Mon Tues-Thurs 1-6pm Fri 1-9pm Sat 1-6pm Open Nov. 11 at 1pm for Up Spirits Band performs 2-5pm

#### Caen Legion, Br. 164

1341 Main Road PO Box 13 Eastern Passage, NS B3G 1M4 RCL164@outlook.com 902-465-3700 Sun closed Mon-Sat open at noon Hall for rental Gen. Meeting 2nd Thurs of mnth Open all day Nov. 11

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

# First World War graves rededicated thanks to research by retired RCN officer

**By Ryan Melanson,** Trident Staff

More than 100 years after their deaths during the First World War, two British airmen and one Canadian soldier were recently honoured in France, with grave rededication ceremonies officially marking their final resting places with full military honours.

The graves of Lt Leonard Cameron Kidd (pilot) and 2Lt Fenton Ellis Stanley Phillips (observer) of No.3 Squadron RAF were rededicated at the Caterpillar Valley Cemetery in France, while the ceremony for Lance Cpl Robert King, of the 26 Battalion CEF, was held at the Villers-Bretonneux Military Cemetery.

But neither of these events would have taken place if not for the thorough research conducted by LCdr (ret'd) Steve St-Amant, a recently retired RCN officer with a passion for military history.

As the Deputy CF Intelligence Liaison Officer to the UK from 2012-

2015, St-Amant would often vacation on the Somme in France, and with two young boys in tow, trips to war graves and cemeteries, where he liked to search for unidentified headstones, became a popular family activity.

"I had started looking for headstones, especially Canadian ones, in these cemeteries that had potential to be identified," he said. And with the recent digitization

And with the recent digitization of a massive collection of archives from the Commonwealth War Graves Commission in 2014, a new tool was unlocked to help historians identify the dead buried beneath these gravestones. Information online helped him narrow down

"Their memory shall endure.

Lest we forget."

possible identities for the British air crew, such as that they had been both been awarded the military cross, a rare occurrence for both a pilot and observer.

"And because we were living in London, I had rapid access to different archives, and I was able to go check out the war diaries of these two men. Where the bodies had been found was quite consistent with where they had been flying."

He was eventually able to determine the men had been killed in the Battle of the Somme in October 1916, hit by anti-aircraft fire during a low patrol flight.

DARREN **FIS** 

82 Tacoma Dr, Suite 200, Dartmouth, NS B2W3E5 www.DarrenFisher.ca Darren.Fisher@parl.gc.ca

T: 902-462-6453 F: 902-462-6493

Continued on page 14

Member of Parliament Dartmouth-Cole Harbour



Flight Lt James Mealy leads the procession at the cemetery.

SAC NICHOLAD EGAN, RAF



Darrell.Samson@parl.gc.ca dsamson.liberal.ca

## Lest we forget. N'oublions jamais.



Through adversity, our most honourable flourish.

Cest dans l'adversité que les plus dignes s'épanouissent.





We Remember

all those, from all generations, who go to sea in service to

Canada and our allies.

**HMCS SACKVILLE** 

Canada's Naval Memorial

'Your Shin"



Visit our website: www.canadasnavalmemorial.ca for more information on the ship and the benefits of being part of a unique group of Canadians. Donations, to help preserve and operate "The Last Corvette", can be made directly or through an alternate organization such as the United Way (check with your local office), the National Defence Charitable Workplace Campaign (NDWCC) or Canada Helps.

Individual and Unit // Group Level Donations are welcome. Charitable Org # BN11883 4720 RR0001



#### 139964

# First World War graves rededicated

#### Continued from page 13

A similar process was followed to identify Lance Cpl King, originally from New Brunswick, who was killed in August 1918. By searching online for all of the Canadian soldiers of that rank killed in 1918 and whittling it down from there, and eventually matching information on the grave to the location of Lance Cpl King's death, St-Amant was confident. He submitted paperwork for both the British and Canadian graves about two years ago, and had his research confirmed this year by the Commonwealth War Graves Commission.

St-Amant also credited his wife Niamh, who works with DND in Halifax as a Workforce Manager Services Coordinator at FMF Cape Scott, for all the support she offered with the project, including hours of research and time spent at grave sites.

"Between the two of us, we've probably scoured more than 25,000 headstones," he said.

The couple, who now live in the Halifax area, travelled for France for the rededication ceremonies, which were held on October 12 and 13. They were moving tributes to the fallen airmen and soldier and well organized, St. Amant said. And in the case of the British graves, the rededication was attended by current members of 3 Squadron RAF, representatives from the Bromsgrove School where Lt Kidd once attended, as well as family members, including a living first cousin of Lt Kidd and a great niece and great nephew of 2Lt Phillips. Following the ceremonies, the St-Amants had the opportunity to take family members to the site where the aircraft went down, got to know them better over dinner, and passed on much of their research on the two men to the families.

"That was a highlight for me in all this. They knew about the story, but they didn't know a lot, so this helped them connect with their family history a little bit."

In the RAF account of the ceremonies, Flight Lt James Mealy, the Padre for 3 Squadron, said it was an honour for him to travel to France and be part of honouring the men and thanked the Canadians for their research in uncovering the information.

"They are remarkable and brave young officers who gave their everything so we can enjoy our today. Also, as the 3 (Fighter) Squadron Padre, it is especially meaningful to me to finally give these two men the honour and blessing that they deserve and give praise and thanksgiving to God for the sacrifice they gave for us. Their names will continue to live on."

## New book covers fate of Canadian POWs after Battle of Hong Kong

**By LCdr (ret'd) Doug Thomas,** Canadian Naval Memorial Trust Executive Director

Hong Kong was the first place Canadians fought a land battle in the Second World War. From December 8-25, 1941, almost 2000 troops from Canada – sent to Hong Kong expecting little more than guard duty – fought bravely against the overwhelming power of the invading Japanese force. When the British colony surrendered on Christmas Day, 290 Canadians had been killed in the fighting. Another 264 would die before VJ Day amid the inhumane conditions of Japanese POW camps.

The Endless Battle: The Fall of Hong Kong and Canadian POWs in Imperial Japan, by Andy Flanagan, covers this event in Canada's military history.

On December 7, 1941, three weeks after the Canadians arrived in Hong Kong and had begun to settle into the routine of garrison life, Japan stunned the world by attacking the United States' Pacific Fleet in Pearl Harbour; suddenly the Pacific Theatre of Operations was no longer a backwater. Just six hours after the bombing of Pearl Harbor, the Japanese 38th Division, made up of battle-hardened troops, attacked Hong Kong and quickly overwhelmed its defending forces. The captured British, Indian and Canadian troops – considered cowards by the Japanese for surrendering – became prisoners of war, in Hong Kong and later in Japan. They endured years of beatings, hard labour, and inadequate diets. Hundreds of the POWs died of illness and starvation.

This book was written by Andy Flanagan, and is based on first-hand accounts of the author's father, Andrew "Ando" Flanagan, a rifleman of the Royal Rifles of Canada from Jacquet River, New Brunswick. *The Endless Battle* explores the Battle of Hong Kong and the privations that followed. Writing about the lingering effects of the trauma of the soldiers held in captivity, the author shows both the heroism of individual soldiers and the terrible costs of war.

Those interested in reading about how Canadian soldiers survived the experience of being a prisoner of war in Japan and how they lived their lives in post-war Canada will find this book fascinating.

The Endless Battle: The Fall of Hong Kong and Canadian POWs in Imperial Japan. By Andy Flanagan. Goose Lane Editions, Fredericton, NB, 2017, paperback, 210 pages. Many photos. This work is Volume 24 of The New Brunswick Military History Series.

WE HONOUR THE MEMORY OF THOSE WHO DIED IN SERVICE TO CANADA, AND THANK THOSE WHO SERVED AND CONTINUE TO SERVE.



## Demonstrating commitment to international security and cooperation

Bosun's mates secure and stow lines aboard HMCS Charlottetown during Op REASSURANCE in September, 2017. COL J. W. S. HOUCK, FIS

# In the service of Canada

More Crew Spotlights on page 16

Canadian Armed Forces personnel are a diverse group, working in occupations such as pilots, telecommunications specialists, health care professionals, combat Cengineers, cooks, divers, chaplains, and lawyers. Veterans of missions in Afghanistan, Bosnia-Herzegovina, Haiti, and Africa, they carry forward the same sense of dedication as did previous generations of veterans, sharing their commitment to serving Canada and Canadians. Here are profiles of several of today's veterans.

# **HMCS** Charlottetown Crew Spotlight:

## **LS Bitca**

On August 8, 2017, HMCS *Charlottetown* and her crew of 240 departed Halifax, Nova Scotia, to join Standing NATO Maritime Group One (SNMG1) for Operation REASSURANCE. SNMG1 is a naval force made up of ships from various Allied countries, all working together to demonstrate NATO and Canada's ongoing commitment to international security and cooperation.

One member of this crew is the recently-promoted LS Sonia Bitca. Originally from Romania, she moved to Canada 12 years ago and now resides with her husband in Quebec City, Quebec. She is a member of the Reserves, and her home unit is HMCS Montcalm. She is employed as a Naval Combat Information Operator (NCIOP) in the Operations Department aboard Charlottetown. In an interview conducted aboard Charlotte*town* while the ship was transiting between Toulon, France and Split, Croatia, she had this to say about her deployment and experiences in the RCN:

#### Have you ever deployed before?

I have no previous deployment experience. In January 2017 when I joined *Charlottetown*, it was my first time ever sailing on a frigate, and since then I have been at sea on every single *Charlottetown* sail. Previously, I had only have done day sails on the Kingston Class vessels as a Reservist.



#### What do you do on board?

As a Naval Combat Information Operator, I am involved with command, control, communications, computers, and intelligence. I monitor radar and other tracking systems in order to serve as an anti-collision tracker in the operations room.

#### What did you expect the deployment to be like?

I had no expectations about the deployment; everything was going to be new for me. With no experience, I was particularly nervous for the tiered readiness pre-deployment training program, as I had no idea what to expect. There are a lot of stories about readiness training, and it sounded very challenging! But I am glad for the opportunity to go through them myself and see how valuable it can be.

#### What is the best part of your job?

I learn new things every single day, both as an NCIOP, and a sailor as part of the crew of a warship. Almost every day there are opportunities for me to do something new for the first time. For example, earlier this month, it was my first time sitting at the console for a man overboard exercise instead of as a member of the team launching the boat on the boat deck.

I enjoy the port visits as well; I try to get the most out of every place we visit. I like seeing new architecture and hiking around the countryside, and visiting beaches, museums, and food markets in the city centres. There is never time for me to be bored.

## What do you do when you aren't deployed overseas?

In my civilian life, I work as user experience designer for Web and other multimedia applications. And I am lucky enough to have an employer who allows me to take long periods of non-paid time so I can spend time on the coast for the Navy.

## What do you do for fun on and off the ship?

When I am not deployed, I am grateful for the amounts of snow on the trails and on the slopes around Quebec and I try to take advantage of it to ski, snowboard and use snowshoes. When there is no snow, I like to do activities with my friends, cooking, hiking, visiting art galleries. To relax on the ship, I knit. I have already finished one hat for one of my messmates, and my second project in progress.

## What is one great thing about your ship?

One great thing about my job aboard the ship and my co-workers in the Operations Department is that I really feel like I am a part of a team. Despite the fact that I am an immigrant from Romania with a heavy accent in both French and English, my close team in the operations room—as well as the rest of the crew—makes me feel welcomed and they are happy to pass on their knowledge to me.

# HMCS Charlottetown Crew Spotlight:

## **LS Morris**

LS Jason Morris is from Halifax, Nova Scotia and is a Sonar Operator and a member of the Operations Department aboard HMCS *Charlottetown*.

#### Is this your first deployment?

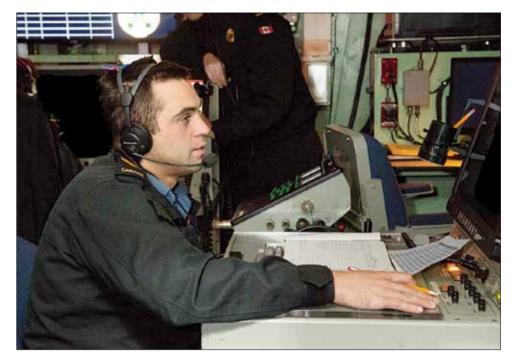
Yes. Before this, my longest sail was three-and-a-half months on Ex JOINT WARRIOR WITH HMCS *Halifax*.

#### What do you do on board?

As a member of the Sonar Section, my primary responsibility is to detect and track underwater contacts. Additionally, I am the departmental storesman for the Operations Department, and our Entertainment Representative, which keeps me involved the section and allows me to help make the work place better for my co-workers.

## Has the deployment been what you expected?

I believe this deployment has far



exceeded my expectations. We are visiting countries I have always wanted to see, but that I never would have had the opportunity to visit on my own. While I wouldn't describe this sail as any harder than other sails, I would say that it took more planning personally to prepare for it. Luckily, by being the Operations Department Stores Representative I got to see more of the processes involved in our preparations to sail and be part of the positive changes the department was planning for as we got ready to deploy.

#### What is the best part of your job?

The best part is by far the people I work with. I joined HMCS Charlottetown in December 2016, coming from Montreal. I would describe this deployment, for the most part, as the same as routine sails. We still do exercises to keep up our skills and conduct regular operations. The exception is that it seems like almost all of the ship's company is made up from people who specifically volunteered for this deployment. This high percentage contributes to a big boost in morale and camaraderie, with shipmates always ready to help each other when needed.

#### Would you like to deploy again?

I would recommend the deployment to any sailor and would definitely volunteer for another deployment.

## Lt(N) Jacques

Lt(N) Meghan Jacques, hailing from Falkland, British Columbia, is a Bridge Watchkeeper and member of the Operations Department aboard HMCS *Charlottetown*.

## When and why did you join the Navy?

I joined the RCN in 2009 under the Regular Officer Training Program directly following graduation from high school. I had often thought about joining the navy when I was very young, but cemented my interest after joining my local Navy League Cadets Corps in Kelowna, BC when I was thirteen. I loved the atmosphere of teamwork and cooperation at the unit. It really made me feel like I could be an important part of something larger than myself, and I knew that I never wanted to lose that feeling of being a part of a cohesive team.

#### What do you do aboard?

I am a Bridge Watchkeeper first and foremost, but one of my main secondary duties is to be the Unit Public Affairs Representative. On the bridge, my job includes anti-collision, basic coastal navigation, participation in



warfare training, mentoring junior Bridge Watchkeepers, and helping execute the ship's daily program. Off the bridge, I understudy our Navigating Officer and, as the Unit Public Affairs Representative, I create routine public affairs products and organize foreign port PA programs which include ship's tours, receptions, and media visits.

## What makes love your job so much?

I love my job because it is constantly challenging and no day is quite like the one that came before. You get what you put in to it: the harder you work and the more you seek out opportunities to learn and be involved, the more opportunities for personal and professional improvement present themselves.

## What do you do to relax while deployed?

In spare time on deployment, I like to write songs and try to find time to do yoga.

#### Have you deployed before?

I deployed 6.5 months in 2014-2015 with *Fredericton* on Operation REAS-SURANCE and sailed oversees for 3.5 months with *Halifax* for exercise TRIDENT JUNCTURE and JOINT WARRIOR in 2015-2016.

#### Has your second deployment on Op REASSURANCE been what you expected?

I could not have imagined how much I would enjoy this deployment. The crew and command team have been absolutely fantastic to work with and being able to meet and interact with so many sailors from other NATO ships has been unbelievably eye-opening. By getting to see the differences between how each ship operates I have been able to see more clearly how similar we are all too. Our common NATO operating procedures make it possible for us to work together at sea despite different languages, equipment, and experiences.

# The Last Post Fund, a history of service and dedication

By RAdm Barry Keeler (ret'd), National President, Last Post Fund

This national not-for-profit organization originates from an act of compassion and respect. On a cold night in December 1908, an unconscious homeless man is taken by two police officers to the Montreal General Hospital. Allegedly inebriated, he is left in a room to sleep it off. Later on, the Head Orderly Arthur Hair - a Veteran of the South African War - notices an envelope sticking out of the poor man's coat pocket. It contained an honourable discharge certificate issued to Trooper James Daly by the Great Britain War Office. Daly had served for 21 years under the British flag and this document was his sole possession.

<sup>–</sup> Trooper Daly was not drunk but suffering from malnutrition and

hypothermia. He died two days later at age 53. His unclaimed body would be turned over to medical researchers before disposal in a pauper's field. Deeply shocked by the Empire's disregard for its veterans, Hair raised money from friends and colleagues to give the soldier a dignified burial worthy of his many years of patriotic service. This was the catalyst for the creation of the Last Post Fund (LPF) in 1909.

The early work of the LPF was exclusively supported by private donations. Then in 1921, it was federally incorporated and began receiving regular financial support from the Canadian Government.

Since its humble beginnings, the LPF has ensured that no eligible veteran is deprived of a dignified funeral, burial and headstone for lack of financial resources. Its primary mandate is to deliver the Funeral and Burial Program on behalf of Veterans Affairs Canada. To date, over 160,000 veterans from across Canada have received financial assistance under this Program.

Eligible veterans Include:

\*A former member of the Canadian Armed Forces

\*A Canadian Merchant Navy veteran

\*An Allied veteran who meets certain conditions.

In addition, the LPF owns and operates the National Field of Honour located in Pointe-Claire, Quebec. Established in 1930, this beautiful military cemetery, the first of its kind in Canada, has become the final resting place for more than 22,000 veterans and loved ones. The Field of Honour is available to veterans from across Canada In 1996, the LPF created a program mandated to place a military headstone on the gravesite of veterans who do not have a marker. It is estimated that there remain some 4000 unmarked graves in Canada. It is a huge challenge to find these sites and the Fund looks to everyone for help in making their discovery and reporting their whereabouts.

17

Please do whatever you are able to ensure veterans and their families are aware of the LPF. After all, "To honour and protect in death seems but a small return to those who have protected their country in life", wrote Arthur Hair, founder of the LPF.

You are invited to visit: www. lastpostfund.ca or call 1-800-465-7113 for additional program details and information on how to make a charitable donation.

## 'Til We Meet Again concert pays tribute to those who sacrificed

By The Stadacona Band of the Royal Canadian Navy

The Stadacona Band of the Royal Canadian Navy will be in concert at the Halifax Central Library at 2 p.m on Sunday, November 5, 2017. Under the direction of Lt(N) Patrice Arsenault, the Band will be presenting the 16th annual 'Til We Meet Again concert in support of the Camp Hill Memorial Gardens at the QEII Health Sciences Centre.

In the 75-minute performance, there will be music by Holst, some Navy

favorites and, as always, a singalong. The Stadacona Band will also have special guest vocalists joining us. Please come join the Stadacona Band as we pay tribute to our veterans and those men and women who paid the ultimate sacrifice in defense of Canada.

The Stadacona Band of the Royal Canadian Navy, based in Halifax, is a full-time professional military band with a proud tradition of musical excellence spanning more than 75 years. This distinguished military institution provides complete musical service for ceremonial requirements of the Canadian Forces and represents Canada's East Coast Navy.

This world-renowned band consists of some of Canada's finest musicians. As a result, it is in constant international demand. The band also assists non-profit civilian organizations across the Atlantic provinces. The 30-member group uses a variety of configurations from parade and concert band, to Big Band and Jazz/ Dixie combos, as well as brass and woodwind ensembles. This enables the band to cover a wide range of engagements. The Stadacona Band appears courtesy of the Commander of Maritime Forces Atlantic.



Honouring your service and bravery



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 \$78,000.00 and with a combination of those donations and existing funds we were able to provide the following:

just under \$5,000.00 was provided to Veterans, their families, and Seniors in our community through the Service Officers;
 just over \$44,000.00 was provided to the Call to Remembrance Literacy and Poster Contest, Cadets and post High School Bursaries;

Bursaries; • just under \$13,000.00 was provided to Dartmouth General Hospital towards the purchase of an Assist Arm for

Orthopedics, Endoscopic Ear equipment and Lifts for Camp Hill. Thank you so much and we look forward to your continued support for the 2017 Poppy Campaign from 27 Oct to 11 Nov 2017. Prepared by Comrade Joanne Geddes, Poppy Chair, Centennial Branch 160, Royal Canadian Legion.



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# **Remembering wartime service in the RCAF**

#### **By Virginia Beaton,** Trident Staff

"I was the only person in the crew who could tell the pilot where to go."

That's what David Waterbury used to tell his children about his service as an RCAF flight navigator during the Second World War.

In fact, Waterbury was a flight crew member in a Canso 9816 on June 13,1944, crashing into the ocean during a dramatic battle with a U-boat off the Faroe Islands, an incident for which Waterbury later received the Distinguished Flying Cross.

On Saturday, September 30, 2017, Waterbury, who now is 95 years old, visited the Shearwater Aviation Museum to view the museum's extensive collection of vintage aircraft and historical artifacts.

"We're so happy to have you here today," Christine Hines, curator of the museum, told Waterbury, who was accompanied by his wife Annie Mae and four of his five children. Hines was joined by Maj Tom Sladek, who is leading the celebrations for Shearwater's centenary in 2018. "I hope you will join us for the centenary celebrations next year," Maj Sladek told Waterbury.

The Shearwater museum has extensive displays related to the history of Canada's air force, in both World Wars and in more recent conflicts. Hines and Maj Sladek guided Waterbury and his family through the museum, describing the vintage aircraft on display and pointing out historical artifacts, models, and photos that would be of particular interest to Waterbury as a Second World War RCAF veteran.

Looking at a Fairey Swordfish aircraft in the museum's static display, Waterbury stated, "It's a deadly



David Waterbury, DFC, displays the decorations he earned during his Second World War service in the RCAF. Waterbury toured the Shearwater Aviation Museum on Saturday, September 30, 2017.

weapon, in the right situation." He reminisced about other aircraft that had been in use at Shearwater and at other RCAF stations around the region, and admired the large display dedicated to RCAF Eastern Air Command, which featured mannequins in authentic uniforms, and a wall map that is a replica of the one used by then EAC HQ at its wartime HQ at Barrington and South Streets in Halifax.

Watching his father examine the various museum displays, Waterbury's son David said that people, especially young people, are always fascinated to hear his father's descriptions of his wartime experience. When Waterbury senior speaks to youth groups such as cadets, "You could hear a pin drop," says his son.

MCPL ALEXANDRE PAQUIN, 12 WING IMAGING

A native of Wolfville, NS, Waterbury joined the RCAF in July of 1941 and after training as a navigator, he was posted to No. 162 Bomber Reconnaissance Squadron, then based in Yarmouth, NS. In early 1944, the squadron was stationed first in Iceland and then in northern Scotland to carry out anti-submarine patrols.

On June 13, 1944, the crew was on patrol off Norway when they spotted a U-boat. They dropped depth charges and managed to sink the U-boat but not before it managed to fire on and strike the Canso. The pilot brought the aircraft down on the water but it was badly damaged and the crew had to abandon it before it sank. One of the two dinghies blew up and there was barely enough room in the remaining one for the eight crewmembers.

An aircraft overflew the area and dropped a lifeboat for them but it landed some distance away. Waterbury, who was a strong swimmer, swam to retrieve it and dragged it back with him. The water was frigid and by the time a high speed launch arrived to rescue them, three of the crewmembers had died.

On the museum's upper level, Waterbury was particularly interested in viewing the displays related to Flight Lieutenant David Hornell, VC, and 162 Bomber Reconnaissance Squadron, to which both men belonged. Hornell received the Victoria Cross in recognition of his heroic actions during a U-boat attack on June 24, 1944, only 11 days after the incident with Waterbury's Canso. Tragically, Hornell did not survive and received his VC posthumously.

"He was quite a guy," said Waterbury, peering at Hornell's portrait.

Returning to Nova Scotia after the war, Waterbury graduated from law school and became an attorney in Kentville. Now retired, he lives in Mahone Bay.

Waterbury recently visited Jim McCrae, who was a Flying Officer and co-caption in the Canso. McCrae, who now is 98, lives in Yarmouth, NS. Waterbury's wife, Annie Mae, said that both men and enjoyed recalling their years of RCAF service, and looking at photos from those years.

"Jim McCrae and I, we are like soulmates," Waterbury told Trident. Because of their shared experiences in wartime, he said, they have a bond that has lasted over time.

# **Remembrance Day**

#### **By Lt(USN) Travis Gardner,** Base Chaplain CFB Halifax

Remembrance Day is a very special day. It is known by different names, Armistice Day as well as Poppy Day. Armistice because The Great War was to be the war to end all wars. Poppy because the sight of the poppy flower is a strong reminder that grew in the fields of battle. Sadly the red reminded people of the blood of war, and also grew plentifully among the graves. The poem In Flanders Fields by LCol John McCrae describes them with a cold beauty:

"In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below.

We are the Dead. Short days ago We lived, felt dawn, saw sunset glow, Loved and were loved, and now we lie

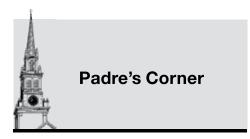
#### In Flanders fields.

Take up our quarrel with the foe: To you from failing hands we throw The torch; be yours to hold it high. If ye break faith with us who die We shall not sleep, though poppies grow In Flanders fields."

"If ye break faith with us who die" really strikes me. I am reminded of our relationship with God, how there are highs and lows. Sometimes we read in the Bible when people had broken their faith with God. It sadly happened when their relationship with God had grown distant. One stunning example is when Samson didn't notice the Spirit of the Lord had departed from him. "But he did not know that the Lord had left him." (Judges 16:20c ESV) To quote Scooby Doo, "ZOINKS!" However because of God's mercy and grace, thankfully He always welcomes us back.

Our world is all too aware of wars and rumours of war. In Matthew 24:6-8 Jesus declares, "And you will hear of wars and rumours of wars. See that you are not alarmed, for this must take place, but the end is not yet. For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places. All these are but the beginning of the birth pains." (ESV) Earthquakes, terrorism, hurricanes, and cultural strife are all part of what add stress to our everyday lives. But in all of this hear Jesus say, "See that you are not alarmed." For the Lord is telling you and I to have peace, for He gives us a peace that surpasses all understanding.

Remembrance Day teaches to love God and love one another. Jesus was asked in Matthew 22:36-39, "<sup>36</sup> Teacher, which is the great commandment in the Law?" <sup>37</sup> And He said to him, "You shall love the Lord your God with all your heart and with all your soul



and with all your mind. <sup>38</sup> This is the great and first commandment. <sup>39</sup> And a second is like it: You shall love your neighbor as yourself." We would do really well to live out Jesus' teachings. If everyone did these two things, our world would be radically different!

On this occasion of remembrance, what better time to forgive and reconcile? We pray this for nations, and we can choose this with our family and friends. The Great War was to be the war that ended all wars. For a time it seemed it would in fact do so, sadly it did not.

So this Remembrance/Armistice/ Poppy Day let us all keep these things in mind. For whatever we title this day to remember, through our actions may we fully commit to it never ever being forgotten.

# Sports Regional camp a

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

# Regional camp a first step to boosting Rugby's profile in the CAF

**By Ryan Melanson,** Trident Staff

Rugby players from across the CAF Atlantic Region gathered in Halifax recently for a two-day skills development camp, and organizers say the momentum gained will help to continue growing the sport locally and establish Regional teams for a tournament next year.

About 20 rugby sevens players, mainly from the Halifax and Gagetown areas, spent October 17 and 18 on porteus field with Rugby Nova Scotia head coach Jack Hannity doing workouts, drills and scrimmages. Most of those who participated had prior experience with the sport, and Sgt Nick Farvna, who was a coach with the CAF team at the 2015 International Defence Rugby Competition (IDRC) in the UK, said he was impressed with the quality of play. The next goal will be to assemble 18. some of those potential players into clubs that can compete at the civilian level ahead of the 2018 season.

CAF teams have competed in Rugby tournaments in recent years, like at the 2015 IDRC, but a change that came this year now has rugby sevens



Participants do drills on Porteous Field during a CAF rugby development camp held in Halifax October 17-

included in the CAF Sports Program

at the Regional, National and Interna-

Three players from that 2015 inter-

national squad attended the camp in

Halifax. The team came away winless

tional levels.

RYAN MELANSON, TRIDENT STAFF

in 2015, but said they were still proud the the still provide the

to compete and put CAF rugby on the map.

"Since 2015, we've been trying to advance the concept of rugby in the CAF, and one of the most important things is we need to get guys and girls out there playing," said Capt Parker Horton, who played with the IDRC team and also had a hand in putting together the regional camp, along with Sgt Faryna and PSP Halifax.

"It's comparable to any CISM program; we're trying to develop the talent." Capt Horton will be

coordinating the Atlantic effort from the Nova Scotia side, while Sgt Faryna, who works in Gagetown, will push the sport in New Brunswick, and they also hope to get CAF players integrated with the civilian rugby community through the provincial organizations and Rugby Canada.

If all goes well, the first CAF Atlantic Regional Rugby Championship will be held next summer, and hopefully a national CAF tournament following that. At the international level, the next IDRC is set for 2019 in New Zealand, and while there's no guarantee, Sgt Faryna said his hope is

the CAF can field a team and he can return as a coach.

"We're hoping to be there again and to go come away with a better result this time. We're getting good interest and seeing some good talent."





# Good weather for an outdoor workout



The ship's company of HMCS Charlottetown take advantage of the good weather for physical training during Operation REASSURANCE on October 9, 2017.

CPL J.W.S. HOUCK, FIS

# **Fitness and sports updates**

#### **By Trident Staff**

**Intersection/Drop-In Pickleball**. Come and learn a fun new sport.

**Shearwater Gym**, Mondays and Wednesdays 12 p.m. – 1 p.m. For more information please contact Sgt Rick Austin, 720-1711 or rick.austin@ forces.gc.ca

**30 Day Bootcamp Challenge**. Attend 15 PSP Halifax fitness classes between October 10 and November 10 and earn a free dry fit t-shirt. To register at STADPLEX, contact lauren.walton@forces.gc.ca; at the Fleet, contact Kali.Borutski@forces. gc.ca; and at Shearwater, contact Joel. Waterfield@forces.gc.ca. For more information, please call 902-427-1469.

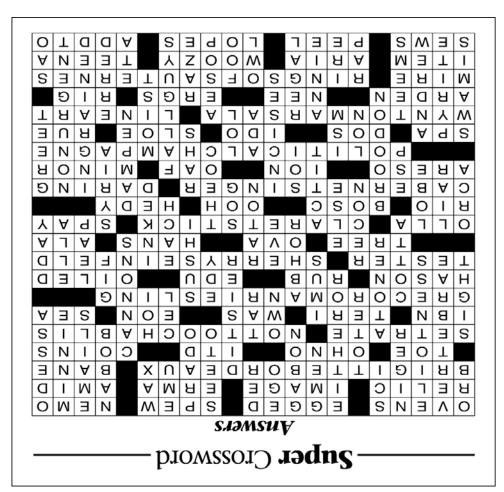
12 Wing Shearwater Men's Hockey Team Coach/Manager needed. Team Practices starting now. Mondays 2 – 3:30 p.m. and

Tuesdays 2:30 – 4 p.m. For more information please contact Lt(N) Morash @720-1341 or Anthony.Morash@ forces.gc.ca **Fall Intersection curling** runs until December 12. Open to military members only. 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 Isaac.Habib@forces. gc.ca. It is recommended that teams have minimum 7-8 players. Anyone 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.

**12 Wing Shearwater drop-in basketball** is available Wednesdays from 6-8 p.m. For more information please contact: Cpl Gagnon at 902-720-3214 or philip.gagnon@forces.gc.ca

**The CAF Atlantic Powerlifting tournament** takes place from November 21-23 in Halifax.



# Ask the Expert: Do all ACL tears need surgery?

By Dr. Darrell Menard, M.D., Diploma in Sport Medicine

Q: I have played soccer since high school and never had a major injury. Three months ago, I was tackled from behind and badly twisted my right knee. My unit medical officer felt my anterior cruciate ligament (ACL) was torn and an MRI confirmed this diagnosis. My knee currently feels quite stable and I can run and cycle without pain. I have an appointment with an orthopedic surgeon and want to know if all ACL tears require surgery. -Sidelined

#### **A: Dear Sidelined:**

Sorry to hear about your knee injury. While the ACL is a major stabilizer of the knee, not everyone who tears this ligament needs a surgical repair. The decision on whether or not to operate is based on a number of considerations which include:

1. If there is damage to other structures in the knee such as the menisci, articular cartilage or other knee ligaments, then surgery is often recommended.

2. Is the person experiencing knee instability? We don't understand why, but some people with partial or complete ACL tears have little or no instability, while other people's knees are so loose they don't feel safe walking down stairs. People with instability usually require surgery.

3. What are the person's performance expectations in terms of work and sports? An office worker who cycles for fitness is more likely to tolerate an unrepaired ACL than an infantry soldier who plays on the unit basketball team.

4. Does the person feel stable wearing a custom-made knee brace? Some people find they only experience instability when they do activities requiring cutting, pivoting, twisting or rapidly moving from side to side. Many of these people are able to do these activities without instability if they wear a custom-made knee brace.

5. Has the person had physiotherapy focused on increasing their quadriceps' strength, improving their balance and enhancing their control over their knee movements? Many people find they experience little or no instability after going through a program like this.

The bottom line: Every ACL tear is unique and some people can function at high levels without surgical repair or the support of a custom-made knee brace. It sounds like you are coping very well, but the only way to know if you require surgery will be to carefully test your knee to see how stable it is when you return to soccer and your full military duties. Exercise is medicine!

For more info visit Strengthening the Forces https://www.canada.ca/ en/government/publicservice/benefitsmilitary/health-support/stayinghealthy-active.html.

# CFB Halifax team wins men's slo-pitch title



14 Wing Greenwood hosted the Atlantic Regional men's and women's slo-pitch championship September 18 through 22. In the men's tournament, 14 Wing, Halifax, 12 Wing Shearwater and Gagetown were in the mix. 14 Wing lost 17-12 to Halifax, but went on to beat 12 Wing 21-10 and Gagetown 27-19 to finish the round robin in second position. Halifax defeated 12 Wing 26-11 and Gagetown 31-7. Gagetown beat 12 Wing 14-7 in their match-up, coming out of the round robin in third position. Greenwood met Gagetown in the September 21 semi-final, with Greenwood winning 31-19. In the final game on September 22, Halifax beat Greenwood 12-10. CPL B. WHITE-FINKLE, 14 WING IMAGING



## Boxing movie trivia

#### By Tom Thomson and Stephen Stone

#### Questions

- 1. What is the first sports-themed movie produced for public consumption?
- 2. What is the earliest female boxing movie?
- 3. What was the first fictional boxing movie?
- 4. Charlie Chaplin in his "Little Tramp" persona starred in this 1915 boxing movie.
- 5. What was the first boxing-themed movie serial series?
- 6. This movie is the only film for which Alfred Hitchcock was the sole screenwriter.
- 7. Wallace Beery won the Academy Award for Best Actor for his performance in this 1931 boxing movie.
- 8. Who starred in the 1979 remake?
- 9. This movie, produced in 1934, was the first of a dozen films based on a popular comic strip from the 1930's to the 1980's.
- 10. Who played Joe Palooka's manager in the 1934 movie?

- 11. This 1937 boxing movie starred Edward G. Robinson, Bette Davis and Humphrey Bogart.
- 12. Who starred in the 1962 remake?
- 13. This star of the golden age of Hollywood made his screen debut as a violinist who wants to be a boxer in this 1939 picture.
- Who played Holden's love interest?
  Who played James J. Corbett in
- *Gentleman Jim* in 1942? 16. This was Stanley Kubrick's first film
- 17. How many films did Rocky Balboa appear in?
- 18. The Fictitious Athlete Hall of Fame (FAHF) began in 2013. Fictitious athletes from movies and TV productions made since 1970 are eligible for induction. Who was the first inductee?
- 19 In 2015, the FAHF introduced the Veteran category to include fictional characters who appeared in movies before 1970. Who was the first Veteran inductee?
   20 This here were inducted in the
- 20. This boxer was inducted in the FAHF in 2016. *Answers on page 23*

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# Campus Atlantic members headed to Hungary for CISM running

#### **By Ryan Melanson,** Trident Staff

Lt(N) Michael Bergeron and Lt(N) Natalia Borszczow are both accomplished road runners with years of experience, but for their next race, they're stepping outside their comfort zones and doing it on one of the biggest stages for military athletes.

The two RCN officers and Campus Atlantic members will be travelling to Balatonakarattya, Hungary from November 3-7 for the CISM World Military Cross-Country Championship. The event will feature some of the best military athletes in the world from 25 countries, including 15 runners on the CAF team, competing in one of three different distances on a grassy openair course over natural, hilly terrain.

Lt(N) Bergeron will compete in the 11.5km men's long race, while Lt(N) Borszczow will race 4.6km in the women's event. The distances aren't long compared to marathon or half-marathon road races, but crosscountry racing presents different challenges, and with little experience in that racing style, the runners are tempering their expectations.

"We're mainly road runners, so we have to reconfigure our thinking. We might be used to having a certain time for a 5k for example, and we always want to improve, but you just can't compare them. It's completely different," Lt(N) Borszczow said.

Preparation is also a factor. The recommendation is normally for three to four months of focused training before a cross-country event of this nature, but the duo just recently learned they had secured spots on the team.

"We only found out about a month ago – luckily we were both training for other road races already," Lt(N) Bergeron added.

"We'll also have a couple days to get acclimatized when we travel, to learn the course, meet with our coaches and things like that, which is very good."

Their strong performances at races through the 2017 season qualified them to be part of the elite CISM team. Athletes submit their certified times from local races to qualify for CAF Nationals, which were held earlier this summer in Ottawa, and the CISM road running, cross country and track teams are then formed from those with the top finishing times at the National event. Lt(N) Bergeron previously served as an alternate with Canada's CISM World Military Marathon Championship team earlier this year in Ottawa, while Lt(N) Borszczow will be at her first CISM event.

"I'm nervous but I'm extremely excited," Lt(N) Borszczow said about racing as part of the CISM squad on the international stage.

"It's a privilege to be there representing your country and the Canadian Armed Forces. That's huge for me."

JEREMY LETHBRIDGE

The two train together with the Halifax Road Hammers, an elite local running club, and they'll be joined in Hungary by fellow club member and RCN colleague LS Mark Brown. LS Brown is currently posted to Quebec, but the group began training together after serving together in HMCS *Halifax*, and he frequently returns to this area for military and civilian races. Training alongside other high-level athletes locally has helped them all improve their individual performances, and the hope is that stepping up against international competition will have a similar impact. A meet and greet set up in Hungary will also allow a chance for athletes from different countries to meet, exchange apparel or other souvenirs, and form bonds with their international counterparts.

The runners have all their gear ready, including special cleats for cross country, and are continuing to work on their distance and speed through the last weeks of training. They're aware the course might present unique challenges, especially if weather becomes a factor, but plan to give it their all and hopefully help contribute to a good team result.

"I'm taking it as a once in a lifetime opportunity and I'm going to do the best I can," Lt(N) Borszczow said.

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Sainte Anne

Super Crossword

### WINE-INFUSED

ACROSS									
-									
1	Broilers, e.g.								
6	Incited, with "on"								
11	Emit violently								
15	Jules Verne captain								
19	Holy artifact								
20	Persona								
21	Witty Bombeck								
22	In between								
23	Wine-loving actress?								
26	Ruination								
27	Tot's "piggy"								
28	"The horror!"								
29	" be a pleasure"								
30	Meter inserts								
31	Fixed charge								
33	Like pretty decent wine?								
38	"Son of," in Arabic								
39	Actress Garr								
41	Used to live								
42	Untold eras								
42									
45 44	Pirate's place								
44	Olympic sport that wine drinkers								
50	compete in?								
50	Wears								
51	Knead								
52	Academic URL ender								
53	Lubed (up)								
57	Exam giver								
59	Comedian telling jokes about wine?								
64	Cedar, say								
66	Egg cells								
67	Franz's skit partner								
68	In the way of								
69	Spanish pot								
72	Vegetable piece dipped in wine?								
76	"Fix" at the vet's								
77	Brazilian hot spot, in brief								
78	Autumn pear								
79	and aah								
80	Lamarr of "Algiers"								
82	Wine-sipping nightclub vocalist?								
87	Adventurous								
07 91	Response to "Am not!"								
92 02	Negative or positive thing								
93 07	Klutzy person								
95	Bush-league								
96	Wine aficionados' electoral race?								
102	Fancy resort								
	· •								

105	Juan's "two"
106	Wedding vow
107	
108	
109	. '
114	Graphic material with no gray
117	areas
116	
117	
118	
120	·····j
121	Muddy earth
122	
	wine?
128	News tidbit
129	Opera tune
130	Queasy
131	"The Brandon Story" (1998
	film)
132	Sutures
133	Banana skin
134	Horses' runs
135	Build upon
DO	<u>WN</u>
1	Round figure
2	Back bones
3	Top Untouchable
4	West African country
5	Zool., for one

Two-options-only

West African country

FBI figures

Big head The, to 67-Across

Make sure of Madrid art museum

Grounded bird

PC-to-PC notes

City in Texas Bellboy, often

More flighty

Huge guns

MYOB part

Viewed thing

One who's explating

Mickey's girlfriend

Ear clogger Big wheel

6

7

8 9

10

11

12 13

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17 18

24 25

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31

32

34

35	Road coater
36	Toon unit
37	polloi
40	Radio's Don
45	Terra
46	Really hate
40	Joseph of ice cream
48	Raw fish dish
49 54	PC image file
	Vault (over) Deines of old Hollowood
55	Raines of old Hollywood
56	Pivotal WWII event
58	Military info-gathering
60	With 116-Across, "Mildred
	Pierce" actress
61	Betray by finking
62	Every single
63	Tattooed
65	"Anyone?"
69	Ocean threat
70	Fibbing type
71	Ear piece
73	out (depict something via
	charades)
74	Drench, in dialect
75	2003-07 Fox teen drama
76	Arab country
78	Ponder
81	Get a bit wet
83	Sci-fi ability
84	" or thought"
85	Cuts into
86	Arena yells
88	Firmly fixed
89	Not pressing
90	Wave to, say
94	Easy victims
97	Chaney of silents
98	Suffix with 9-Down
99	Idaho county
100	Typed guffaw
101	A bit wet
102	Hindu sages
103	Fool's gold
104	British prince

- 104 British prince 110 Swarms
- 111 Actress Potts
- 112 Like princes
- 113 Famous fable writer

# **Boxing movie trivia**

Questions on page 21

#### Answers

- 1. There are two. One is the Mike Leonard-Jack Cushing fight filmed on June 14, 1894. The other is James J. Corbett and Peter Courtney Before the Kinetograph filmed on September 7, 1894.
- 2. *The Gordon Sisters Boxing*. Bessie and Minnie Gordon duke it out in 1901 in an Edison production.
- 3. *The Knockout AKA Counted Out.* It was produced in 1914 by Keystone Studios.
- 4. The Champion.
- 5. *The Leather Pushers*. The series had 18 episodes, was produced in 1922 by Universal Studios and starred Reginald Denny.
- 6. *The Ring*, about a pugilist known as "One-Round Jack", produced in 1927 by British International Pictures.

- 7. *The Champ*. Beery portrayed Andy "Champ" Purcell, an alcoholic former world heavyweight champion fallen on hard times.
- 8. Jon Voight and Ricky Schroder.
- 9. *Palooka*. The series ended in 1951 with Joe Palooka in Triple Cross.
- 10. Jimmy Durante played Knobby Walsh.
- 11. Kid Galahad.
- 12. Elvis Presley.
- 13. William Holden in Golden Boy.
- 14. Barbara Stanwyck.
- 15. Errol Flynn.
- 16. The Day of the Fight produced in 1951.
- 17. Seven Rockys I to V, Rocky Balboa and Creed.
- 18. Rocky Balboa.
- 19. Andy "Champ" Purcell The Champ - 1931 - played by Wallace Beery.
- 20. Apollo Creed from the Rocky movies played by Carl Weathers.

19	Did i Bring Q-Tip	y dowi	n, as a	ı build	ing	123 Hot temper 124 Woodsy, e.g. 125 Egg yung						126 Hellenic vowel 127 Paulo									
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	27				28			$\vdash$			29					30			-	+	
31				32				33	34	35				36	37					+	
38	-			39			40		41					42				43		+	
44	-		45					46				47	48				49				
50	-					51					52					53		54	55	56	
57	-				58		59	-	60	61				62	63					+	
			64			65		66		-			67					68		+	
69	70	71			72		73			$\vdash$	74	75			-		76			+	
77	-			78						79	-			80		81					
82	-		83					84	85		-		86		87	-		88	89	90	
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			96		97	98		$\vdash$		99	100				101					+	
102	103	104		105					106	-	-		107		-	-		108		+	
109	-		110				111	112		-	-	113		114	<u> </u>	<u> </u>	115		<u> </u>	+	
116	-	-	-				117	-				118	119		-		120	-	-		
121	-		-		122	123		-		124	125		-		-	126			-	127	
128	-				129			+		130						131		<u> </u>		+	
132					133			+		134						135				+	





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