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Monday, December 11, 2017



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TRIDENT

www.tridentnewspaper.com

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

Santa's helpers at FDU(A)



Divers from the Fleet Diving Unit (Atlantic) take a photo with Santa before their annual 50-KM run around Halifax Regional Municipality as a fundraiser for the Christmas Daddies on Saturday, December 2, 2017.

CPL JESSICA FOX, FIS



**Drug seizures during
 Op CARIBBE Pgs 3 & 17**



**NRU Asterix receives
 unit patch Pg. 5**



**The year in review
 Pgs 12-13**



**CAF Sports Honour
 Roll inductee Pg. 20**

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Message du temps des Fêtes

Du contre-amiral Craig Baines
Commandant des Forces maritimes de l'Atlantique et de la Force opérationnelle interarmées (Atlantique)

Au nom des Forces maritimes de l'Atlantique et de la Force opérationnelle interarmées, je souhaite de joyeuses Fêtes à tous les membres de l'Équipe de la Défense, militaires et civils, ainsi qu'à leur famille et leurs proches.

Grâce aux cérémonies du 100e anniversaire de l'explosion de Halifax et à celles du jour du Souvenir tenues au pays et à l'étranger, nous avons passé une grande partie des deux derniers mois à réfléchir au passé et à nous souvenir de ceux qui étaient là avant nous. Mais pendant la période des Fêtes, nous en profiterons pour vivre dans l'instant présent, voir nos amis et proches et envisager l'avenir en 2018 avec enthousiasme.

Si 2018 ressemble un tant soit peu à 2017, elle sera féconde en événements. Durant toute l'année dernière, vous avez affiché un dévouement et un engagement de haut niveau. Du soutien offert ici au Canada, lors de la tempête de verglas au Nouveau Brunswick et des inondations au Labrador et au Québec, à la contribution aux efforts de secours après le passage des ouragans dans les Caraïbes, nous étions prêts à apporter une aide lorsque les besoins se faisaient sentir.

Tout au long de l'année, nous avons aussi envoyé nos navires dans de nouvelles régions. Nous avons contribué à la sécurité régionale dans le Golfe de Guinée tout en continuant de fournir un soutien important aux opérations, comme l'Op CARIBBE, opération de lutte contre le trafic de drogues illicites dans les Caraïbes, et l'Op REASSURANCE, opération de collaboration avec nos partenaires de l'OTAN en Europe.

Pour se préparer à ces opérations, il est essentiel de compter sur les efforts de tous les membres de l'Équipe de



la Défense. À vous tous donc je dis : Bravo Zulu. Profitez de cette période des Fêtes pour vous reposer après une année bien remplie et pour passer de moments agréables avec vos amis et votre famille.

Nos pensées accompagnent tous ceux qui seront de service pendant les Fêtes, qui seront prêts à répondre aux appels de recherche et de sauvetage et qui seront en déploiement, comme les officiers et l'équipage du NCSM *Charlottetown*. Nous leur offrons, ainsi qu'à leur famille, nos meilleurs vœux. Nous leur sommes reconnaissants de leurs sacrifices et de leur dévouement exemplaire.

Nous voilà donc à la fin d'une année 2017 si réussie et au début d'une année 2018 prometteuse. À cette occasion, je vous remercie de votre ardeur au travail et de votre dévouement. Soyez très fiers de vos réalisations et de vos contributions à l'Équipe de la Défense.

Enfin, je souhaite à tous les membres de l'Équipe de la Défense, qu'ils soient à terre ou en mer, de joyeuses Fêtes et une bonne année.

A Holiday Message

From RAdm Craig Baines,
Commander of Maritime Forces Atlantic and Joint Task Force Atlantic

On behalf of Maritime Forces Atlantic and Joint Task Force Atlantic, I would like to wish a Happy Holidays to our entire Defence Team, both military and civilian, their families and loved ones.

With the recent 100th Anniversary of the Halifax Explosion and Remembrance Day ceremonies held here and abroad, we have spent much of the last couple of months reflecting on the past and remembering those that came before us. However, the holiday period is a time for us to value the present, embrace friends and loved ones, and to look forward to what the future will bring in 2018.

If 2018 is anything like 2017, it will be eventful. Over the last year we have witnessed dedication and commitment at the highest level. From providing support here in Canada to responding to ice storms in New Brunswick, flooding in Labrador and Québec, to contributing to hurricane relief efforts in the Caribbean, we were ready to help when we were needed.

Throughout the year we also sent our ships to new areas, helping to contribute to regional security in the Gulf of Guinea, while continuing to provide valued support to operations such as Op CARIBBE, combatting narcotics trafficking in the Caribbean, and Op REASSURANCE, standing with our NATO partners in Europe.

To be ready for these operations takes the concerted effort of the entire Defence Team. So to all of you, I say Bravo Zulu. Please take the time this holiday to rest-up after this busy year, and enjoy time with your friends and family.

To all of those who will continue to stand the watch, who will be ready for Search and Rescue calls, and who will remain on deployment throughout the holidays like the officers and crew of HMCS *Charlottetown*, know that we are thinking of you, and that we wish you and your families all the very best. Your sacrifices are recognized, and your stalwart dedication appreciated.

So, as a successful 2017 comes to a close, and a bright 2018 is within reach, I thank all of you for your hard work and dedication over the past year and I hope you all take great pride in your achievements and contributions to our Defence Team.

In conclusion, should you be here ashore, or at sea, I wish everybody in the Defence Team happy holidays and a safe New Year.

Holiday magic is in the air

By Capt(N) Paul Forget,
Base Commander CFB Halifax

It's hard to believe that the holiday season is upon us. My first few months as Base Commander of CFB Halifax have flown by, and have provided me with an even greater appreciation for the city and community in which we operate. Last month's Holiday Parade of Lights showed the spirit of the community; my children laughed and waved to thousands of joyful onlookers as we traversed the streets of Halifax on the CFB Halifax float. PSP Halifax's Winter Wonderland at the Forum was a great success, bringing together military families for a healthy dose of holiday cheer.

As my family and I prepare for the holidays, decorating our tree and spending quality time together, we are forever grateful for our CAF and DND family. The support and camaraderie shown by fellow service members and civilian colleagues is a constant in our lives and helps us continue with our vision for a Strong, Secure and Engaged military.

Part of our vision here at CFB Halifax is to be a steadfast ally in the greater community. As the colder winter months arrive and the delight of the season enters our homes, it's particularly difficult to think about those who are less fortunate: those who don't have a roof over their heads, those who don't have the assurance of a warm meal and those who are plagued by illness, suffering mentally or physically with (or without) the help that they need. Contributing to our NDWCC campaign allows the United Way, HealthPartners and other social, health and community agencies to provide these individuals with supports and resources to guide them through difficult times. It is not too late to make a donation to your charity of choice. Please see your unit's NDWCC canvasser to learn about different ways to donate.

The United Way is rooted in the Halifax Explosion, a tragedy marking its centenary this month. Just as our military members helped those affected by the devastation at that time, so do we continue today with our duty to help others in the community. It's a privilege to live and work in this beautiful city, and I encourage you to show your support for the community year round through campaign contributions, volunteerism and small acts of kindness.

Looking ahead to the coming weeks, my wife, children and I would like to send our best wishes to all CAF and DND personnel at home and abroad for a safe and happy holiday season. May the season bring you peace, joy and prosperity that lasts you through the New Year. For our service members on deployments and for those previously deployed, we continue to honour and appreciate the sacrifices you make for your country and all of its citizens. Thank you for all that you do.

Wall of Honour Tile Makes a Lasting Gift



Support the work of the Shearwater Aviation Museum Foundation

Full 12"x12" tile: \$600 Half tile: \$300

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For information, contact SAMF secretary at 1-888-497-7779 or (902) 461-0062



Crewmembers move seized narcotics off HMCS Moncton as part of the drug bundles transferring process to the US Coast Guard on November 11 during Operation CARIBBE.

12 WING IMAGING

HMCS Moncton assists with large drug seizure during Op CARIBBE

By Ryan Melanson,
Trident Staff

The Commanding Officer of HMCS Moncton describes a tense moment on the bridge of his ship on November 10, as he and his crew assisted in an interdiction at sea that led to the seizure of 834 kilograms of cocaine and the apprehension of three alleged drug smugglers.

Working with the embarked US Coast Guard detachment and Joint Interagency Task Force South (JIATF-S), the ship planned to approach the suspicious vessel at the darkest point of the night, slowly and quietly to preserve the element of surprise.

"The mood inside the ship was tense, but one of high excitement. We had to do this very quietly, so we were whispering as we made our approach," said LCdr Russell Hodgson, adding the ship's RHIB was in the water with one RCN sailor to drive, accompanied by USCG law enforcement personnel.

"And once we took control of the scene, there was definitely a bit of a cheer that went up through the ship," he added, "Then, we refocused on the long game and the next 12 to 18 hours."

The operation was conducted as part of Op CARIBBE, the Canadian contribution to JIATF-S Operation MARTILLO, the US-led mission responsible for the interdiction of illicit trafficking, including drugs, money, weapons and people, from routes in South and Central America. The RCN's role involves acting as a platform for the embarked USCG members to use at sea – Canadian sailors are in a supportive role and do not conduct any law enforcement actions.

In this case, coordination with an American maritime patrol aircraft

allowed Moncton to be aware of the suspicious small boat, and after successfully stopping the vessel and seizing its illicit cargo, both the drugs and the apprehended individuals were transferred to the Royal Fleet Auxiliary Ship Mounts Bay. The entire process, including planning, interdiction, transfer of the heavy bricks of cocaine, and processing of the evidence and suspected smugglers, took more than 18 hours.

Adding to the difficulty of operating in the dark, the ship dealt with a rough sea state through the interdiction, and open barrels of fuel sloshing around the vessel in question created a dangerous environment with heavy fumes, LCdr Hodgson said.

Like all ships in the Kingston-class, HMCS Moncton is currently crewed by a mix of Naval Reservists with varying levels of at-sea experience, along with Reg force sailors, some of who are new to the MCDV platform. There's no hiding the fact that the situation creates challenges, but it also creates learning opportunities.

"Because of these challenges everything we do, especially an operation like this, becomes an all-hands-on-deck type of operation," LCdr Hodgson said.

"I can tell you the crew of HMCS Moncton was able to more than meet the challenge, and they deserve a full pat on the back for all of this. Credit also goes to Sea Training Patrol, they were able to get our crew worked up to the point where we could carry out this mission without too much difficulty. I'm very proud of the crew." Following the seizure and processing of both the contraband and the accused individuals, Moncton resumed normal operations and will continue supporting the US Coast Guard and JIATF-S before returning to Halifax later this month.

CAF modernizes the Relocation Services Program delivery model

By DND

Cold Lake, Alberta. It's 3:00 in the morning, and Paul has just woken up with a start. His family is moving in two weeks... but he's just realized he hasn't made arrangements for the pets!

Halifax, Nova Scotia. In the comfort of her home, Joanne and her family review location options and find out more about the school her kids will be going to... Moving is a major family event. That's why the Canadian Armed Forces is working hard to modernize the experience for you with a new relocation service which debuts December 1, 2017.

While relocation benefits will remain the same, the old service will be replaced with a more accessible system that helps you manage the process... AND gives you 24 hr online access to your personal file and all the necessary relocation information through your work computer or on your personal tablet or smartphone. Now, everything from your relocation budget to all the nitty-gritty details of your relocation will be at your fingertips... even at 3 in the morning.

And if you can't find the specific answer you need online, a contact centre with over a hundred highly trained specialists will be open weekdays 8 a.m. to 8 p.m. Eastern Time.

For your move you will be given a

cash card so you won't have to pay approved moving expenses out of your own pocket. The new reloadable, Relo-Card will cover everything from meals and hotels to appraisers and lawyers.

A trusted CAF partner for the past two decades, BGRS will deliver these new services to help you make well informed and well timed decisions. The new model is flexible and customized to your needs. Members can receive estimates for expenses and will be provided recommended timelines to complete specific tasks and bookings. Quickly and easily, you'll be able to: View your relocation budget; track and request advances of funds; upload receipts, track expenses, and submit claims; search general information at your destination for things like schools and hospitals; select third-party service providers, such as realtors, home appraisers, and lawyers; access important and relevant relocation information, including video presentations, fact sheets, and FAQs; Review emails or conduct live chat sessions, phone calls, and video calls in the Communications Hub ... and much more.

More than anything, our modernized service puts you in control of your move, allows you to get the information you need at any time of day or night... and we think it'll help you sleep better. To find out more, visit us. Know your benefits!

FAC Modernise le Modèle de Prestation des Services de Réinstallation

Par MDN

Cold Lake, Alberta. Il est 3 h du matin et Paul vient de se réveiller en sursaut. Sa famille déménage dans deux semaines... mais il a oublié de prendre des arrangements pour ses animaux!

Halifax, Nouvelle-Écosse. Dans le confort de son foyer, Joanne et sa famille examinent les différents em-

placements offerts et se renseignent au sujet de l'école que les enfants fréquenteront... Un déménagement est un événement important pour une famille.

C'est pourquoi les FAC désirent moderniser cette expérience en vous offrant un nouveau service de réinstallation dès le 1er décembre 2017.

Continued on page 4

**SATURDAY,
DEC. 16, 2017
12PM-3PM**

Join us at Fleet Club Atlantic
For our Annual Junior Ranks
(within MARLANT)

Children's Christmas Party
In Mr. Macs (Tribute Tower)

Visit with Santa!

Please bring your wrapped gift with child's full name (\$20 max value) to the Fleet Club office (Tribute Tower) before 1500 on December 15, 2017.
Fleet Club office hrs: 0730-1500 M-F



Publication
Schedule
for 2017

January 9 – MFRC
January 23
February 6 – MFRC
February 20
March 6 – MFRC
March 20 – Posting Season Special Feature
April 3 – MFRC
April 17
May 1 – MFRC, and Battle of the Atlantic Special Feature
May 15
May 29 – MFRC
June 12 – DND Family Days Special Feature
June 26
July 10 – MFRC
July 24
August 7 – MFRC
August 21 – Back to School
September 5 – MFRC
September 18 – Home Improvement Special Feature
October 2 – MFRC
October 16
October 30 – MFRC – Remembrance Day Special Feature
November 13 – Holiday Shopping Special Feature
November 27
December 11 – MFRC – Year End Review

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Community Calendar

Reunion and event notices must be submitted by email.
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 may be edited.

615 (Bluenose) Royal Canadian Air Cadet Squadron
Time: 6:15 – 9:15 p.m.
Date: Wednesday each week
Location: CFB Halifax

Flight principles, air navigation, meteorology, first aid, airframes, engines, marksmanship, effective speaking, instructional techniques and leadership are some of the things you will learn as a member of 615 (Bluenose) Squadron. If you are 12 -18 years of age you can join. Air cadet activities are centered on aeronautics and leadership. There are no fees to join and uniforms are provided. Summer training courses from 2-7 weeks in length are available. 615 (Bluenose) Squadron meets Wednesdays from 6:15-9:15 pm at CFB Halifax. Note: Due to construction near the main gate, the present entrance to the base is off Barrington Street and onto the base in front of the Wardroom. For more information, go to www.615aircadets.ca or email 615air@cadets.gc.ca.

2632 Halifax West Royal Canadian Army Cadet Corps
Time: 6:30 - 9 p.m.
Date: Monday each week
Location: 73 Hobson Lake Drive, Halifax

We develop in youth the attributes of good citizenship and leadership, we promote physical fitness, and we explore and learn about various customs and traditions. How do we accomplish this? We do this by delivering a dynamic and exciting program like no other in our area. We focus on outdoor and cadet leadership development by offering such activities as canoeing, hiking, biking, abseiling, orienteering, marksmanship, biathlon, sports and so much

more. Don't wait any longer to join us. If you're 12-18 years of age, come on out to 73 Hobsons Lake Drive on Monday Nights from 6:30-9pm to participate in a program that will stay with you for the rest of your life. Visit http://halifaxcadets.ca for more information.

New Year's Eve at Grand Parade
Time: 10 p.m. - 1 a.m.
Date: Sunday, December 31
Location: Halifax Grand Parade Square

The largest New Year's celebration in Atlantic Canada Halifax is back to welcome 2018. Live music hits the stage at 10 p.m., and fireworks are set for midnight.

New Year's Eve Public Skate
Time: 6 p.m - 12 a.m.
Date: Sunday, December 31
Location: Emera Oval

The New Year's Eve event at the Halifax Common is a great celebration for families with kids of all ages. This is a free family friendly event with a live DJ and fireworks at 7 p.m. and again at midnight. Night skates: 6 - 8 p.m. and 9 p.m. - 12 a.m.

Herring Cove Polar Bear Dip
Time: 12 p.m.
Date: Monday, January 1
Location: Government Wharf, Herring Cove

This popular event has been growing annually since 1994, and has now become a successful fundraiser for Feed Nova Scotia. First timers and Polar Bear veterans are both welcome, and while there's no cost to take the dip, all jumpers are encouraged to take a pledge sheet to help raise funds for Feed Nova Scotia and other local charities.

Participants are asked to register at http://herringcovepolarbeardip.com, though registration will also be available on site at St.Paul's Parish Hall.

New Year's Day Levee at City Hall
Time: 9 - 11 a.m.
Date: Sunday, January 1st, 2017
Location: Halifax City Hall, 1841 Argyle Street

Join Mayor Mike Savage and members of HRM Regional Council to celebrate the arrival of the new year. Light refreshments will be served. A levee will also be held immediately afterward at Government House, 1451 Barrington Street, from 11 a.m. - 12:30 p.m., hosted by The Honourable Arthur J. LeBlanc, Lieutenant Governor of Nova Scotia, and Mrs. Patsy LeBlanc.

Symphony Nova Scotia Family Series
Date: February 10 - 11
Location: Alderney Landing and Pier 21

From African hymns to jazz, funk, and hip-hop, western Black music is a story of struggle and celebration. Join conductor Daniel Bartholomew-Poyser and Symphony Nova Scotia as we showcase Black performers and composers in a concert that will surprise and engage you! Hear music from icons like Duke Ellington, Miles Davis, Jimi Hendrix, Beyoncé, and many more. Concerts are set for 3 p.m. on February 10 at Alderney Landing, and at 1:30 p.m. (sensory friendly) and 3 p.m. on February 11 at Pier 21. Bring the whole family and have fun enjoying and learning about music together. Register for free tickets at http://symphonynovascotia.ca. Tickets are limited to families with children.

FAC Modernise le Modèle de Prestation des Services de Réinstallation

Continued from page 3

Bien que les indemnités de réinstallation demeureront les mêmes, l'ancien service sera remplacé par un système plus accessible vous permettant de mieux gérer le processus du déménagement.... ce système vous donne en tout temps accès en ligne à vos fichiers et aux renseignements importants concernant la réinstallation, et ce, sur votre ordinateur au bureau ainsi que sur votre tablette ou téléphone intelligent.

Tous les renseignements, comme votre budget de réinstallation et tous les petits détails concernant votre déménagement, sont désormais à votre portée... même à 3 h du matin.

Si vous ne trouvez pas ce que vous cherchez en ligne, un centre d'appels, avec plus d'une centaine de spéciali-

stes qualifiés, est ouvert de 8 h à 20 h (heure de l'Est) les jours de semaine. Nous vous donnerons une carte de paiement pour votre déménagement; vous n'aurez donc pas à payer de votre poche les frais de déménagement déjà approuvés. La nouvelle ReloCard rechargeable couvrira tous les frais de repas, d'hébergement, d'évaluation ainsi que les frais juridiques.

Partenaire de confiance des FAC depuis vingt ans, BGRS offrira ces nouveaux services afin de vous aider à prendre des décisions éclairées au bon moment. Le nouveau modèle est flexible et personnalisable selon vos besoins. Les membres peuvent recevoir une estimation de leurs dépenses et obtenir des échéanciers suggérés pour effectuer des tâches spécifiques et des réservations. Vous serez rapidement

et facilement en mesure 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 votre nouvelle région, par exemple au sujet des écoles et des hôpitaux; choisir des fournisseurs de services tiers, comme des agents immobiliers, des évaluateurs et des avocats; accéder à des renseignements importants et pertinents sur la réinstallation; notamment des vidéos; des fiches techniques et des FAQ; passer en revue des courriels; clavarder en direct; faire des appels téléphoniques ainsi que des appels vidéo dans le Centre des communications, et plus encore.

Avant toute chose, vous êtes maître de votre déménagement et avez accès aux renseignements nécessaires, de jour comme de nuit, grâce à notre service modernisé...nous croyons que cela vous aidera à mieux dormir. Pour en apprendre davantage, visitez le site.

NRU Asterix receives unit patch

By PO1 Stephan Handerek,
Naval Replenishment Unit ASTERIX

In late July the crew of NRU Asterix were encouraged to create an original piece of art that would become the unit patch for Canada's newest asset. NRU Asterix's CO, LCdr Jason Walsh, received multiple submissions from the crew each accompanied with an explanation to their significance. Of the designs submitted one stood out amongst all others, not only for its detailed artwork but for the thought that went into how the design related to the operational capability Asterix will afford the RCN and CAF.

MV Asterix is a converted commercial container ship owned and operated by Federal Fleet Services that will serve as an interim AOR for the Royal Canadian Navy. Canadian Forces Mission Specialist (CAF MS) will embark Asterix, which may be tasked to fulfil multiple roles on behalf of the Government of Canada, from replenishments at sea to humanitarian assistance.

On November 16, VAdm Ron Lloyd, Commander RCN, officially approved the design submitted by LS Patey, LS

Williams and AB Williams as the unit patch for the NRU.

The three boatswains worked on the concept together. The patch depicts an ancient Germanic warrior with two swords and a horn on a background of blue and white waves. The two swords represent the ability to support naval operations during peacetime and war-time sailing. The sheathed sword specifically represents the ship's ability to support in times of crisis and the unsheathed sword represents the fact that Asterix can support Canada and her allies while deployed. The horn symbolizes the call for support that Asterix will answer when supporting all three elements of the CAF while the gold shield represents a symbol of light in the darkness, and the protection given to Canadians and her allies by Asterix's mixed crew of CAF MS and civilian staff.

The unit patch will be worn by all CAF MS posted to NRU Asterix in place of a traditional ship's crest. As NRU Asterix is not a commissioned Navy ship, the unit patch does not have the distinctive shape associated with commissioned ships' crests.



LS Douglas Williams, LS Brandon Patey and AB Patrick Williams display their original artwork and the first produced Unit Patch for NRU ASTERIX.

SUBMITTED

Humanity is our business

By Lt(N) Robert Parker,
Interim Senior Fleet Chaplain

The leaves are in full free fall, and piling up in the corners of the yard. The wind finally has that crisp and cutting feel to it. The temperature is dropping closer and closer to the minus side of the thermometer, and it feels like we go to and from work in the dark. Winter is definitely on its way. However, it is also that time of year when we look forward to a break to be with our families and friends and celebrate the festive season. It is the time to look back at the year and evaluate our lives, to see where we have been and to look forward to where we are going.

This time of year is about the excitement and anticipation of Christmas decorations, food, carols, family get togethers and gift giving. The kids writing letters to Santa and moms and dads writing their family letters to update their extended families on the past years activities. For us in the military,

we look forward to unit parties, the Sailors/Soldiers festive dinners and the At Homes. But most of all we look forward to our extended leave to rest and enjoy time with those we love. It is a very exciting and busy time of year.

This time of year is also, for some, a very hard time to deal with. People who have had the loss of a loved one or close friend can experience the sting of grief again as they miss the one they love. Some will be experiencing the pain of not being able to fulfil the expectations of their families due to financial issues. It is a time when personal debt rises as people try to give the ultimate holiday experience. There are those in our communities who do not have enough to eat or who will not experience the basics of a holiday celebration.

For those of us who celebrate the Christian understanding of this time of year, we are anticipating the coming of the One promised in scripture, the one called the Wonderful Counselor, Mighty God, Everlasting Father

and Prince of Peace. Jesus is the one we await and it is at this time of year that we have to be intentional about helping those who are less fortunate, to give without thinking about what is in it for us. Visiting those who have no one. To think outside of ourselves and about those who are invisible to the rest of society.

My most beloved Christmas tradition is to watch many versions of Charles Dickens's *A Christmas Carol*. My favourite part of the movie is when Marley come to visit Scrooge after the day's work is over and the crusty old Scrooge is sitting eating his dinner alone. He hears the rattling of chains and banging of boxes and Marley, his old business partner, comes through the locked door as a ghost to warn Scrooge that he will be visited by Ghosts of Christmas Past, Present and Future. Scrooge of course does not believe him and starts to justify his miserly, greedy ways as being a good businessman. Marley, enraged because his time is very short to com-



Padre's Corner

municate his message with Scrooge, counters, "Humanity was my business, their welfare was my business!" Poor Marley's words fall on deaf ears, and he leaves Scrooge to continue to pay for his lack of compassion.

Like Marley, humanity is our business, our neighbour's welfare is our business. You do not have to have a conversion like Scrooge, but search your heart and give what and where you can. Enjoy your time with family and friends, but let us all remember those who are in need and those who are separated from those they love. Remember all of our fellow Forces members who are deployed at this time of year and their families who anxiously away their return. On behalf of the MARLANT Formation Chaplain team, have a restful and enjoyable holiday season and may God bless us all.

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"In the beginning was the Word, and the Word was with God, and the Word was God"
- Gospel according to John

Mooseheads DND Appreciation Night brings out largest crowd of season

By Ryan Melanson,
Trident Staff

A packed arena of DND fans wasn't enough to give the Halifax Mooseheads a win over the Saint John Sea Dogs on November 17, with the Herd falling 7-2 in what was otherwise a great night for the team and the defence community.

Scotiabank Centre was packed with 8,265 for the 14th DND Appreciation Night, their largest crowd yet this season, and the initiative was once again held in support of Camp Hill Veterans' Memorial Hospital. The Mooseheads wore specially designed CAF jerseys for the occasion, and fans could purchase raffle tickets for a chance to win one of the unique jerseys, with more being auctioned off online at a later date to raise more funds.

Prior to this season's game, more than \$150,000 had been raised to support Camp Hill's Memorial Garden, and the total following the game is shaping up to add significantly to that number. Heather White, Camp Hill's Director of Veteran Services and Geriatrics, said the garden space exists almost exclusively because of donations to the hospital.

"It's a beautiful space to have at the facility and that money goes to very good use towards maintaining the garden," she said.

"It's also just a really fun event and our veterans love being able to get out to the game when possible, so Camp Hill is very grateful for all the support."

The partnership between DND and the Mooseheads also includes the Canadian Forces Family of the Game initiative; at every home game, one de-



Capt(N) Paul Forget, Base Commander CFB Halifax, and his daughters participated in the opening puck drop at DND Appreciation Night.

CPL ANTHONY LAVIOLETTE, 12 WING IMAGING

serving CAF member and their family get treated to a night out at the rink and their service is recognized during the game.

For news on the online jersey auction and next season's DND Appreciation Night, check the special events section of <http://cafconnection.ca/halifax>



The Halifax Mooseheads on the ice against the Saint John Sea Dogs at the 14th Annual DND Appreciation Night on November 17.

CPL ANTHONY LAVIOLETTE, 12 WING IMAGING

FDU(A) brings back memories for Senior ADM

By Ryan Melanson,
Trident Staff

One of DND's most senior civil servants had an opportunity to reconnect with his past during a recent visit to CFB Halifax.

Bill Matthews, Senior Associate Deputy Minister of National Defence, stopped in at FDU(A) in Shearwater on November 16. Matthews' father, the late Bill 'Darby' Matthews, was a clearance diver who served from 1955 to 1980, and spent 22 years with FDU (then HMCS Granby), before serving as the Navy's Diving Training Chief and as the Coxn of FDU(P) before his retirement.

A small display in FDU(A)'s mess pays tribute to Matthews' father, who was also an accomplished local boxer during his naval career. His old HMCS

Granby boxing robe and gloves are behind the glass, along with a poster featuring him in his boxing gear. Matthews said it was his first visit to FDU(A) in more than 30 years and his first time inside the unit's Shearwater facilities, but it still brought back plenty of childhood memories, particularly of watching boxing on TV with his father in the mess.

"I spent a lot of time there when I was young and a lot of things felt familiar. The mess even smelled the same as I remember," he said.

The unit's current command team of CO LCdr Billy Barter and Coxn CPO1 Christian Belanger also introduced Matthews to some of the current RCN diving gear and the unit's hyperbaric chambers to illustrate the technological advances since his father's time as a diver.



Bill Matthews, Senior Associate Deputy Minister of National Defence, is seen with his father's HMCS Granby robe on display in the mess at FDU(A).

MCPL CHRIS RINGIUS, FIS HALIFAX

The Senior ADM's time at CFB Halifax also included informative stops at facilities like the MFRC and JPSU in Windsor Park, along with tours of HMCS Windsor and HMCS Halifax,

where he was joined by others from the department, including ADM Gordon Venner.

Matthews is new to DND as of this fall, having spent the previous 12 years with the Treasury Board of Canada Secretariat, and said the brief trip was helpful as an introduction to some of the work happening at Canada's largest military base, including the collaborative work between DND and VAC at the Windsor Park facilities.

"It was a bit of a crash course and we appreciate everyone who took the time to show us around," he said.

The civil servants made the visit to CFB Halifax ahead of their participation in the 2017 Halifax International Security Forum, along with Minister of National Defence Harjit Sajjan and Deputy Minister Jody Thomas.



PO2 Jutras receives a plaque from Cdr (ret'd) Lloyd Barnes in acknowledgement of *The Dolphin March* that she composed for the Submariners' Association of Canada.

SUBMITTED

Direct Hit: Naden Band member pens submariners' march

By Peter Mallett,
The Lookout Staff

Submariners old and young are going "Ahooga-Ahooga" for a new tune created in their honour by a Naden Band member.

The *Dolphin March* was composed by PO2 Robyn Jutras, the band's bassoonist, for the Submariners Association of Canada. PO2 Jutras says her creation was written with the traditional modern military march in mind. It employs an upbeat or rapid tempo meant to match those of military members marching in step.

"Ahooga is not only the sound the diving alarm (klaxon) that older submarines made but also an old submariners saying and the Association wanted that along with 'Dive, Dive, Dive' to be highly recognizable in the piece. So I decided to open with it in the first section," says PO2 Jutras.

The march opens with two non-traditional, classic submarine sound effects at the beginning of the piece: a 'ping, ping' of a sonar before transitioning to two blasts of an old submarine's klaxon, which sounds phonetically like "Ahooga, Ahooga."

Paul Hansen, who spent nine years in the navy starting in the mid-1960s, including several years on both HMCS *Grilse* and HMCS *Rainbow*, is past president of the Submariners Association of Canada West and the initiator of the project. He worked closely with PO2 Jutras to explain what his group wanted for the piece when she began writing it back in July 2016.

The completed composition was introduced to Submariners Association of Canada members along with its composer during a June 2017 dinner held by the group celebrating the 50th Anniversary of the commissioning of *Onondaga*.

"Both she and the march got a standing ovation from a crowd that included many old seamen like me who haven't sailed in a submarine for nearly 50 years," says Hansen. "And also the fairly recently retired, like Vice-Admiral (Retired) Bob Davidson, himself a former submarine Commanding Officer."

Hansen says the march is meant to appeal to submariners "the world over." "It wasn't all of the applause, but seeing how happy everyone was with the march," says PO2 Jutras of the accolades. "It seemed to give them an added sense of pride about being a submariner, and I'm glad the music had done a good job in characterizing the spirit and musical meaning of the work they do, and maybe a bit of their sense of humour."

The Submariners Association of Canada liked the song so much they presented her with an honorary membership in all three regional branches.

Cdr (ret'd) Lloyd Barnes, SAOC Canada West President, was on hand at the Naden Band headquarters November 21 to present PO2 Jutras with a commemorative plaque and give words of appreciation as her fellow band members looked on.

Barnes who once commanded *Rainbow*, said he knew instantly after hearing the march that it fit the bill for his group.

"It was just the sound we were looking for, short concise and to the point," he said. "It's almost like the music helps the listener experience exactly the feeling of being in a sub with its up and down tempo mimicking the feeling you get from diving and ascending in a submarine."

The Naden Band's Commanding Officer, Lt(N) Vincent Roy has been equally impressed with PO2 Jutras' work.

"PO2 Jutras has shown great dedication to working on this project and has a great talent at writing music. A song like this not only helps celebrate the impressive legacy of submariners of the Royal Canadian Navy, but also has outreach power too, promoting our band, while engaging and interacting with past and present military members."

It's not the first time the Petty Officer has written a march for a military organization. In 2013 she was the winner of a national contest to write a Centennial march for Princess Patricia's Canadian Light Infantry, which was performed at the regiment's centenary celebrations held in Ottawa in September of 2014.



Trinity's bowling fundraiser for NDWCC

Trinity's executive, various HODs and unit members participated in a fundraising bowling competition. LS Mark Giffin won with an impressive score of 426.

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Generosity in action

Trinity personnel raised \$60 during the bowling fundraiser, bringing the unit's NDWCC total to more than \$19,000 this year.

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RCN on track to acquire Unmanned Aircraft Systems (UAS)

By CPO1 Darryl DeJong

Strong, Secure, Engaged outlines the Government's over-arching intent to invest in an extensive range of new capabilities for the Canadian Armed Forces (CAF) by acquiring a fleet of remotely piloted systems (RPS) for the Royal Canadian Navy (RCN), the Canadian Army (CA), and the Royal Canadian Air Force (RCAF), which includes remotely piloted aerial systems.

Over the last decade, the RCN has maintained its course in investigating and developing a robust Unmanned System programme. The Director of Naval Requirements (DNR) is leading phase 1 of this programme with the acquisition of a family of Unmanned Aircraft System (UAS) that can be operated from all Canadian warships in order to provide near real-time, intelligence, surveillance, target acquisition, and reconnaissance (ISTAR) information. As a force multiplier, it will provide information required to extend a commander's situational awareness beyond the maximum range of the Harpoon Block II missile, increase interoperability with joint forces ashore, and ensure that the Halifax class maintains a tactical advantage over potential threats, all the while minimizing risk to the ship and maritime helicopter. UAS provide stealth, persistence, versatility, and affordability, while reducing the risk to human life and expensive military assets.

Additionally, they permit valuable maritime helicopter flight hours to be used for those tasks that a UAS is less suited for, such as anti-submarine warfare (ASW), application of force, medical evacuation, and personnel movements.

UAS plays a critical role by extending the reach of the communication and sensor capability over contentious or hostile areas during maritime security operations. During the RCN's contribution to military intervention in Libya (Operation MOBILE, 2011), the operational requirements for sustained and continuous littoral ISR capabilities were reinforced. Through cueing, detection, surveillance, and reporting from the shipborne ScanEagle UAS, Halifax-class frigates deployed on



The RCN is set to acquire a family of Unmanned Aircraft Systems that can be operated from all Canadian warships in order to provide near real-time, intelligence, surveillance, target acquisition, and reconnaissance information.

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Operation ARTEMIS were able to interrupt terrorist funding activities by intercepting multiple illicit narcotics shipments. Combined, the narcotics shipments intercepted by HMC Ships *Charlottetown*, *Toronto*, and *Regina* amounted to over nine metric tons. Additionally, the UAS reduced the risk to CAF MIO maneuver elements by providing visual surveillance back to the ship during boarding operations. Ships were also able to receive early warning beyond fitted sensor ranges of vessels of interest and foreign military warships attempting to gain information on the ship's operations.

On October 25, 2016, DNR conducted a capability demonstration onboard *Summerside* where the AeroVironment RQ-20 Puma UAV was evaluated. In May 2017, the RCN received expenditure authority to acquire a minimum of two Maritime Mini Unmanned Aircraft System (MMUAS) in order to provide Kingston-Class vessels with a sustainable shipborne, near real time, Beyond Visual Line Of Sight (BVLOS) ISR capability with an expected capability introduction in

2018. A request for proposal (RFP) has been released by Public Works and Government Service Canada and can be accessed through <https://buyandsell.gc.ca/procurement-data/tender-notice/PW-QD-001-26522>.

More recently, the RCN re-affirmed its commitment to progress its programme. In early November 2017, *Winnipeg* successfully conducted a Maritime Evaluation of Class 1 Rotary Wing Unmanned Aircraft Systems - Targets (RW UAS-T) capability demonstration, at sea. The purpose of this demonstration was to identify future slow moving or stationary air targets that could be used to carry out live firing training, experiment with new RCN Anti-air Warfare (AAW) requirements, provide force protection live scenarios, and conduct Test & Evaluation (T&E) including jamming on UAS for shipborne EW capability.

The RCN in co-operation with QinetiQ Target Systems (QTS) Canada carried out the demonstration under the Unmanned Targets Repair, Overhaul and Engineering contract, awarded to QTS in 2015.

"As the development of remotely piloted systems increases, this technology is proliferating among potential adversaries. Expanded proliferation, combined with technological advancement, will mean that Canada is faced with a variety of possible threats from remotely piloted systems. These range from non-state actors using unsophisticated and commercially available remotely piloted aerial systems to conduct reconnaissance, to advanced potential state adversaries developing high-end, weaponized systems. In response, Canada will require the appropriate capabilities to identify and defend against these burgeoning threats."

In keeping with the Canadian Defence Policy objectives, QTS flew multiple RW UAS-T scenarios to simulate potential warfare threats. One sce-

nario used QTS's Sniper multi-rotor target using QTS's Universal Target Control Station (UTCS), which allowed the operation of multiple unmanned systems from a single command center. The RCN has leveraged QTS for the employment of fixed wing aerial targets and marine surface targets will pave the way forward for future UAS development and employment.

The information and results obtained during the Maritime Evaluation are vital for the RCN's development of unmanned systems use at sea, and the evaluation of ships' critical defence systems. We are very pleased with the support that QinetiQ Target Systems provided to us during this demonstration.

The Remote Mine Hunting and Disposal System will be a modular, stand-off naval mine countermeasures capability, designed to provide the full spectrum of naval mine hunting operations and contribute to underwater domain awareness.

The RCN ISTAR UAS will be a shipborne, complementary, persistent, near-real time, over the horizon, intelligence, surveillance, target acquisition and reconnaissance (ISTAR) capability that will enhance self-defence for deployed HMC Ships, along with generating a strategically relevant tactical advantage for commanders at sea across the full spectrum of operations. A Letter of Interest (LOI) / Request for Information (RFI) has been released by Public Works and Government Service Canada and can be accessed through <https://buyandsell.gc.ca/procurement-data/tender-notice/PW-QD-037-26189>.

The CAF UAS ISTAR SERVICE has a requirement for service that will provide near real-time, beyond-visual-line-of-sight (BVLOS) Intelligence, Surveillance, Target Acquisition, and Reconnaissance (ISTAR) information to the CAF tactical units at sea and on land. A Letter of Interest (LOI) / Request for Information (RFI) has been released by Public Works and Government Service Canada and can be accessed through <https://buyandsell.gc.ca/procurement-data/tender-notice/PW-QD-017-26498>.

Regulations

As this technology becomes more and more available for commercial use, the use of UAS by DND personnel, allies, or persons granted access to DND property shall be in accordance with CANFORGEN 220/15. This includes all drones, remotely operated/piloted aircraft/vehicles, unmanned air/aircraft vehicles (UAV) of any size, weight or capability. For further information regarding the acquisition and operation of UAS, please do not hesitate to contact the Directorate of Naval Requirements.

National Defence, "Strong Secure Engaged, Canada's Defence Policy", Copyright Her Majesty the Queen in Right of Canada, as represented by the Minister of National Defence, 2017, pg 73.



A recent scenario aboard one of the frigates featured a Sniper multi-rotor target using QTS's Universal Target Control System, which allows the operation of multiple unmanned systems from a single command centre.

SUBMITTED



The flight crew of HMCS Charlottetown mark 300 flight hours with Operation REASSURANCE, November 16, 2017.

CPL J.W.S. HOUCK, FIS

HMCS Charlottetown supports NATO's Operation Sea Guardian

By Lt(N) Meghan Jacques,
HMCS Charlottetown Unit Public
Affairs Representative

HMCS Charlottetown, currently deployed on Operation REASSURANCE, began operating in associated support of Operation Sea Guardian in September 2017. Operation Sea Guardian is in consort with Standing NATO Maritime Group One in the Mediterranean Sea.

During the NATO Warsaw Summit in July 2016, NATO announced the transformation of Operation Active Endeavour, a counter-terrorism mission in the Mediterranean, into a broader maritime security operation with the creation of a new mission: Operation Sea Guardian.

Operation Sea Guardian focuses on three maritime security operational tasks: maritime situational awareness, countering terrorism at sea and maritime security capacity-building.

Four additional tasks can be added quickly if the North Atlantic Council determines the need to do so. These tasks are: freedom of navigation, maritime interdiction, countering the proliferation of weapons of mass destruction, and protecting critical infrastructure.

Op Sea Guardian currently provides support to maritime situational awareness and to counter-terrorism at sea, while contributing to overall maritime security capacity-building in the region.

Operating in associated support of NATO's Operation Sea Guardian means that HMCS Charlottetown conducts hails of local shipping, as required, in order to establish the recognized maritime picture and pattern-of-life in the area.

According to the NATO shipping centre, "Operation Sea Guardian is a non-Article 5 maritime security operation conducted by NATO in the Mediterranean Sea and Strait of Gibraltar and approaches (outside the territorial waters of regional nations)."

Through Operation Sea Guardian, HMCS Charlottetown contributes to the maintenance of a secure and safe maritime environment while supporting NATO's three core tasks: collective defence, crisis management and cooperative security.

Operation Sea Guardian "supports a safe and secure environment for civilian vessels operating in the Mediterranean Sea" with the goal of facilitating economic activities within the region.

Health Promotion Services celebrates 15th anniversary

By Ryan Melanson,
Trident Staff

PSP Health Promotion Services recently celebrated 15 years of helping military members make informed health and lifestyle choices, and at CFB Halifax, staff invited others from around the base to drop in at their Windsor Park office, have a healthy snack, meet the team and learn a little more about what they do.

Health Promotion Manager Janelle Budgell said with some recent staff changes and other new developments, the timing lined up right to open the doors to their colleagues.

"We're a credible source of health information, we've been around for 15 years and we're not going anywhere. So we just wanted to remind

people of that," she said. "We've recently undergone a rebrand, so we have a new look and feel, and we've also recently switched over to online registration for our programs, which has been a significant change."

At this point, registration for programs and unit PD days is almost entirely done online, which has reduced paperwork and made it easier for individuals and unit training coordinators to access their services, she said.

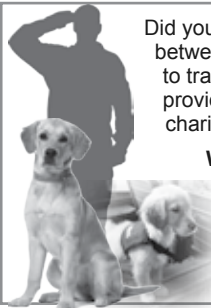
Some of the group's core programs focus on topics like stress prevention, healthy eating, addiction, family violence and mental health awareness. For more information on their programs, unit PD day briefings and workshops, email hfxhealthpromotion@forces.gc.ca or call their office at 902-722-4956.



From left, PSP Health Promotion Services staff Joy Geizer, James Whittier, Vanessa Hocquard and Health Promotion Manager Janelle Budgell.

RYAN MELANSON, TRIDENT STAFF

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HMCS *Charlottetown* Crew Spotlight:



LS Morin

LS Jean-François Morin from Jonquière, Québec is a Marine Systems Engineer and member of the Propulsion section aboard HMCS *Charlottetown*. In an interview conducted aboard *Charlottetown* while the ship was transiting between Toulon, France and Split, Croatia, he had this to say about his deployment experiences in the RCN:

Have you ever deployed before?

Yes, this is my second NATO deployment. I have also sailed on Op CARIBBE. My longest sail so far was the six-and-a-half months I spent on my first NATO deployment.

What do you do on board?

I am a Cert 2 Machinery Control Console (MCC) Operator. I work in the Machinery Control Room and the engine rooms. My job is mainly plant monitoring, corrective and planned maintenance, stability monitoring, and liquid load management.

What did you expect the deployment to be like?

Because this was my second big deployment, I knew a little more about what it would be like than the first time I sailed. Overall, this

deployment is similar; there are photo exercises, Replenishments at Sea, operations with other NATO ships, and the routine maintenance and breakdown drills expected on any sail. The deployment is better than I expected though, largely because of the strong leadership both within my department and seen in the ship as a whole. Time flies when you are keeping busy and working hard next to good, hardworking people. If you are well prepared and have good support from home, a deployment can really be as good as you make it.

What do you do for fun when you aren't deployed overseas?

I have a passion for mechanics, especially for working on and riding dirt bikes. I am also interested in the outdoors and enjoy hiking in my free time.

On ship to relax, I read forums and magazines about mechanics and watch movies

What is one great thing about your ship?

The best thing about my ship is the professional and friendly members of department. They are great people who are genuinely enjoyable to work with.



AB Barsetti

AB Barsetti is from Mirabel, Quebec. He is employed as a Naval Communicator and member of the Operations Department about HMCS *Charlottetown*.

In an interview conducted aboard *Charlottetown* while the ship was patrolling in the Mediterranean Sea, he had this to say about his deployment and experiences in the RCN:

Have you ever deployed before?

I did sail before on the West Coast—to San Diego and Hawaii, which were both great experiences. However, this is my first sail even close to an operation. I am thankful that I can be a part of this operation, and I sure enjoy every moment of it.

What do you do onboard?

On board the ship, my first duty is Naval Communicator. However, I have secondary duties as well. I am the Operation Department Safety & Environment Representative, and also an active member of the ship Naval Boarding Party team, which is without a doubt the best part of my job.

What did you expect the deployment to be like?

Honestly, I didn't have much by way of expectations; however, I was expecting it to be a little bit long, because of the fact that I had to leave my wonderful fiancée and the kids behind for almost six months. But with her support from home, and the fact that so many people are in the same situation, and also considering all the amazing port visits we get to do, this deployment is going pretty well: fast, and a lot easier than I thought it would. As it is my first deployment though, it makes me realize how much the support of your friends onboard, and even more so of your family at home, is important.

What is the best part of your job?

There are two things, honestly. The first is the opportunity of visiting so many countries of the world that I would have probably never went to on my own before—countries like Croatia, or even Poland—and visiting them with the friends that I have developed a strong camaraderie with over the course of my time on board. The

second one is being part of the Boarding Party Team. As "A6," my position on the first wave of the team, I get to be the first member of the team to climb on board. Even though I haven't conducted an operational boarding, I know that even just when we do it on training it still gives me a feeling of excitement that I don't think I could get doing anything else.

Describe the most exciting part of Naval Boarding Party?

The most exciting part of Naval Boarding Party training is when I climb down into the RHIB, and we split off the side of our own ship, to go over to the vessel we will be boarding. Every time, at this exact moment, all worries or thoughts are gone and all I can think about is how thankful I am to be there and to get to do *this* as my job. Of course after that moment, it is time to refocus on the mission again!

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

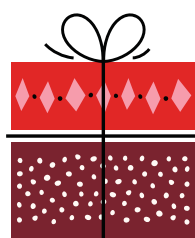
On the ship, when I am off watch, I like to spend a little time doing Word Searches, then look at pictures of my family, say a prayer, and go to bed. The routine helps me reconnect with myself. I also like to sit down in the mess and watch a movie just before bed. It helps me think of something else besides the long working days we do onboard.

When I'm off the ship, I like to go walk around the amazing ports we get to be in, to discover the places and enjoy a good meal with my friends. I also like to video calls home with my fiancée, to talk with her and thank her for her important support. It helps me reconnect with myself, with her, and refocus on the upcoming days at sea.

What is one great thing about your ship?

The greatest thing about HMCS *Charlottetown* is without a doubt the crew. It is so easy to talk to people and feel like they really listen. Considering that we also are all on the same boat, literally, everybody is so willing to help each other, and it is beautiful to see. It is for sure, the best crew I have ever worked with, and the best working team I ever had in any job.

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Role of women in conflict resolution in spotlight at HISF 2017

By Ryan Melanson,
Trident Staff

Halifax was host to some of the world’s top global security minds recently, as more than 300 leaders in defence, politics, diplomacy, academia and journalism from 80 different countries gathered from November from November 17-19 for the ninth annual edition of the Halifax International Security Forum (HISF).

A number of topics were on the table regarding global security and cooperation among democracies, and as usual, the conference generated international headlines, this year stemming from discussions about the United States’ nuclear weapons program. Canada’s participation, however, focused heavily on women’s issues and particularly the role of women in peacekeeping and conflict resolution.

The Forum came on the heels of Prime Minister Justin Trudeau’s announcement of the Elsie Initiative at the 2017 UN Peacekeeping Defence Ministerial in Vancouver, a pledge of at least \$21 million to provide a wide range of support to UN goals of involving more women in meaningful peacekeeping roles internationally. Additionally, it was announced at HISF that Canada has been chosen to handle NATO’s agenda on advancing the role of women in conflict and conflict resolution, with Clare Hutchinson appointed as NATO’s new special representative for women, peace and security.

It was the importance of those new commitments, as well as Operation HONOUR and the CAF’s ambitious goals to increase the number of women among its ranks, that Gen Jonathan Vance spoke about during a HISF plenary titled ‘Making Peace with Women.’ He appeared alongside other panelists like US Senator Jeanne Shaheen and Nobel Peace Laureate Tawakkol Karman.

Changes need to be made to make militaries compatible with the age and era they now exist in, he said, and to transition from conflict resolution that deals with root causes rather than just symptoms. It’s become clear that the voices of women at all levels of military force, diplomacy and peacekeeping are crucial.

“Both in terms of who you are, in terms of having ideally a gender-balanced number of women in your force to carry out the operations, but then the operations you do must also add to stabilizing conditions for women, meaning a focus on preventing things like rape and gender harm, and setting conditions for the participation and empowerment of women in conflict resolution,” Gen Vance said.

Minister of National Defence Harjit Sajjan, who hosted the forum alongside HISF President Peter Van Praagh, echoed the CDS’ comments about women’s voices being essential in addressing root causes of conflict



From left, Tawakkol Karma, Gen Jonathan Vance, Chief of the Defense Staff, and Nancy Lindborg attend the Making Peace with Women plenary session at the Halifax International Security Forum on November 18.

in the peacebuilding and peacemaking processes.

“Women’s rights are human rights, and this is about ensuring that 50 percent of the world’s population has a voice in conflict resolution,” he said, adding he was encouraged by recent discussions on the prevention of sexual assault in peacekeeping, and thwarting the recruitment of child soldiers, that have had women at the forefront.

While a number of HISF participants, including the Minister, flew to Halifax just days after attending the Peacekeeping Ministerial Conference in Vancouver, the discussions in Halifax are often described as unique among similar international events. Both the formal, on-the-record conversations and the informal meetings and dinners that take place away from the microphones tend to bring out honest and difficult dialogues, Sajjan said, stressing the importance of finding common ground with allies in a global environment with multiple complex dangers and continuing conflicts.

“We’re facing emerging threats from belligerent states and other entities, and we’re trying to keep or build peace in places where there is little or no peace to begin with,” he said.

“The discussions that take place here are passionate, forward thinking and extremely timely, and I think they’re of great benefit to all of our home countries. They reinforce partnerships and contribute to the evolution of our alliances.”

Other high-profile attendees of this year’s Forum included NATO Secretary General Jens Stoltenberg, President of Kosovo Hashim Thaçi, Afghani Chief Executive Abdullah Abdullah, Secretary of National Defence for the Philippines Delfin Lo-

renzana, the US National Democratic Institute’s Howard Dean, American Ambassador Kelly Craft, and many more. On the Canadian side, along with Minister Sajjan and Gen Vance, as well as MARLANT leadership, the

Forum was attended by Deputy MND Jody Thomas, former MND Peter MacKay, Treasury Board President Scott Brison, and Canadian Coast Guard commissioner Jeffery Hutchinson, among others.

FIS HALIFAX

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Projection de Moana

11 h (anglais), 14 h (français)

Atelier de danse hula
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Activité artistique

Activités comprises avec l'admission.

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142355

YEAR IN REVIEW

2017



HMCS Athabaskan pays off

The last ship's company of HMCS Athabaskan cheers during the ship's paying off ceremony on March 10, 2017.

MONA GHIZ, MARLANT PA



HMCS Summerside sails to Sierra Leone

LCdr Paul Smith, Commanding Officer of HMCS Summerside, delivers donations to St. Edwards Primary School in Freetown, Sierra Leone during NEPTUNE TRIDENT, March 21, 2017.

MCPL PAT BLANCHARD/COMBAT CAMERA



Hayley Wickenheiser visits Formation Halifax

Former Hockey Canada women's team captain and gold medalist Hayley Wickenheiser was the guest speaker at PSP Halifax's annual Sports recognition Breakfast. Wickenheiser also visited HMCS Toronto and toured the ship with Commanding Officer Cdr Steven Archer on May 17, 2017. Here, she shows one of her Olympic gold medals to crewmembers on the bridge. From left to right: Executive Officer LCdr Mark O'Donohue, LS Alicia Betts, Cdr Steven Archer, LS Robyn Nicholson, and Hayley Wickenheiser.

MONA GHIZ, MARLANT PA



Cyclone on display during DND Family Days

A static display of a CH-148 Cyclone attracts much interest from adults and children alike during DND Family Days, June 16-17.

RYAN MELANSON, TRIDENT STAFF



Harpoon missile shoot on Halloween

HMCS Montreal launches a Harpoon missile on Tuesday, October 31, 2017 while deployed on JOLTEX 17.

LS DAN BARD, FIS

YEAR IN REVIEW

2018



Flares in the air

HMCS Charlottetown's CH-124 Sea King helicopter launches its defensive flares during a training flight on September 20, 2017 during Operation REASSURANCE.

LS DAN BARD, FIS



Op NANOOK 2017

Members of the 4th Artillery Regiment and 5th Canadian Rangers Patrol Group arriving at HMCS Goose Bay pose for a group photo with the ship's company prior to boarding in Cartright, Labrador during Op NANOOK on August 18, 2017.

CPL TONY CHAND, FIS



HMCS St. John's assists with clean-up after Hurricane Irma

The crew of HMCS St. John's continues clean-up operations at a school on South Caicos Island during Operation RENAISSANCE, the Hurricane Irma humanitarian aid mission in the Caribbean on September 17, 2017.

MCPL CHRIS RINGIUS, FIS HALIFAX



MARLANT's first annual Navy Bike Ride

Cyclists ride along the Salt Marsh Trail toward Lawrencetown during the MARLANT's first annual Navy Bike Ride on Friday, June 2.

MONA GHIZ/MARLANT PA



Stadacona Band plays at Invictus Games

On Saturday, September 23, 2017, Sarah McLachlan performs with the combined forces of the Stadacona and Naden Bands of the Royal Canadian Navy during the opening of the Invictus Games in Toronto.

CPL JEAN-ROCH CHABOT



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HMCS *Montréal* commemorates Remembrance Day at First World War battlefields

By Lt(N) Paul Pendergast,
Public Affairs Officer, HMCS *Montréal*

During the First World War, more than 650,000 Canadians and Newfoundlanders served overseas, while thousands more trained in preparation to join them, and hundreds of thousands of other Canadians worked on the home front to support the war effort.

In places like Vimy, Ypres and Passchendaele, an entire generation sacrificed to defend freedom, peace and democracy and ultimately established Canada as an independent force on the global stage.

The crew of HMCS *Montréal* came to these iconic locations on November 11, 2017, to commemorate Remembrance Day. The ship was conducting a port visit in Antwerp, Belgium, near the border with France.

All activities onboard *Montréal* were reduced to a minimum to allow more than 100 crewmembers to commemorate the solemn occasion appropriately.

Situated on land granted by France to the Canadian people, the Vimy Memorial towers over the seven-kilometre long ridge that was the scene of Canada's most recognizable First World War engagement. The battle of Vimy Ridge, fought in April 1917, is considered by many to be a significant event in Canada's progress to full independent nationhood.

Vimy Ridge held a commanding view of the surrounding countryside, and in 1917 the German forces were dug in with extensive underground trench networks. The Canadian Expeditionary Force was assigned to capture it, after previous unsuccessful French and British attacks had suffered over 150,000 casualties.

Over four days of bloody fighting, the Canadians secured Vimy Ridge for the Allies, at a cost of 10,600 killed and wounded.

The ceremony at Vimy was a very emotional experience for many crewmembers of *Montréal* especially



The crew of HMCS Montréal commemorate Remembrance Day at Vimy Ridge.

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Lt(N) Braeden Joiner, who has studied the battle for several years. "My great-grandfather's regiment fought here, although we didn't know that until recently," said Lt(N) Joiner. "He survived the war, but he didn't talk about it for the rest of his life. My family and I started doing research so the story of his service would not be lost, and being here today, there have definitely been some tears."

Following the ceremony at Vimy Ridge, the crewmembers of *Montréal* continued on to Beaumont-Hamel, the scene of the Battle of the Somme, which saw the virtual destruction of Newfoundland Regiment on the first day of the battle, July 1, 1916. Out of more than 700 soldiers, only 68 answered roll call the next day.

Also on November 11, a separate group of 30 crewmembers of *Montréal*

commemorated Remembrance Day in Ypres, Belgium, at the Menin Gate Memorial, dedicated to the soldiers who were killed in the Ypres Salient of World War I and whose graves are unknown. Menin Gate Memorial straddles one of the main roads that led soldiers to the front line during the First World War, with 54,896 names inscribed on the memorial wall.

One of those names is Charles

Herbert Fuller, the great-uncle of PO2 Greg Hamilton, a Naval Electronic Sensor Operator in *Montréal*. Charles enlisted in November 1915 at age 21, along with his father Charles Robert Fuller, who was 44 at the time.

They both sailed from Halifax to England together in June 1916, on the RMS Olympic. His father survived the war and returned home to Kenora, Ontario, but young Charles Herbert Fuller made the ultimate sacrifice.

According to burial registers, Sergeant Fuller was killed in action near Passchendaele on October 26, 1917.

"It is a huge honour to be here and see my great-uncle's name engraved on the wall," said PO2 Greg Hamilton. "Over the years I heard many stories about him, and to be here and see his name up there, I feel a very real connection to him. Although my great-grandfather and his son were humble people who worked in a factory, they made a tremendous sacrifice that changed history, and I am so proud of what they did that I can't express it in words."

The previous day, on November 10, 40 crewmembers commemorated the 100th anniversary of the Battle of Passchendaele, where the Canadian Corps, under the leadership of Sir Arthur Currie, fought in October and November of 1917, with more than 15,000 Canadians killed or wounded.

Commemorating Remembrance Day on the very ground of these historic battles and having the opportunity to reflect on the tremendous price paid by Canadian and Allied soldiers is an experience the crew of *Montréal* will likely remember for the rest of their lives.



One of HMCS Montréal's officers plays the bagpipes at Vimy Ridge.

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142383

Canadian flag set to fly over HMS *Belfast* in London

By Darlene Blakeley

The Canadian flag will fly over Her Majesty’s Ship (HMS) *Belfast* in London, England this holiday season.

HMS *Belfast*, a museum ship originally built as a light cruiser for the Royal Navy (RN), is permanently moored on the River Thames next to Tower Bridge and operated by the Imperial War Museum.

Tim Lewin, whose late father Admiral of the Fleet Lord Terence Thornton Lewin was a junior officer in HMS *Belfast*, proposed that the Canadian flag fly at the mast of the museum ship over Christmas week to celebrate and commemorate the participation of the Royal Canadian Navy (RCN) in the battle of North Cape for which *Belfast* was awarded a Battle Honour.

Mr. Lewin, vice-president of the *Belfast* Association, has a deep interest in the Russian convoys that were undertaken during the Second World War. He has introduced a number of initiatives to raise awareness of those operations and the close ties that existed at the time between the United Kingdom, the United States, Canada and Russia.

According to Michael Whitby, the RCN’s senior naval historian, Canadian warships began escort duties on the Russian convoys in the autumn of 1943, but its sailors were involved before then.

“In fact, hundreds of Canadians sailors served in British ships operating in the north throughout the war,” Mr. Whitby says. “Eighty Canadian sailors – about 10 per cent of each ship’s company – fought in the cruisers *Belfast* and *Sheffield* at the Battle of North Cape. In the final 18 months of the war, Canadian warships participated in more than half of the Russian convoys.”

In all, 18 Canadian warships were awarded an ARCTIC Battle Honour for service in northern European waters during the Second World War.



HMS *Belfast* alongside in the River Thames with Tower Bridge in the background.

Mr. Lewin, recognizing this profound contribution, was inspired to make a gesture of appreciation and the HMS *Belfast* Association agreed to fly the Canadian flag over the ship.

“My late father served in a Tribal-class destroyer from 1943 through 1944,” he explains. “His ship, HMS *Ashanti*, was in constant company with the RCN Tribals [Her Majesty’s Canadian Ships *Athabaskan*, *Haida*, *Huron* and *Iroquois*] and many personal friendships developed. The ship to which *Ashanti* was particularly linked was *Huron*, with which they covered the Arctic convoys to Russia and later the dramatic battles between the 10th Destroyer Flotilla and Nazi forces trying to hinder D-Day. When *Huron* went home to Halifax for a refit, its wardroom presented their prized piano to *Ashanti*, whose wardroom compensated their Canadian friends with enough beer to see them back across the Atlantic!”

Mr. Lewin recently found out about the 80 Canadians who served in HMS

the RCN to the Atlantic and Arctic convoy campaigns and the landings on D-Day when HMS *Belfast* had the honour of firing the symbolic opening salvo onto the beaches. We are very proud of our friendship with Canada and our bonds with the RCN, today and yesterday.”

Captain (Navy) Maurice AuCoin, RCN naval advisor with the Canadian Defence Liaison Staff in London, says the gesture “speaks volumes about the close relationship and historical military bond that Canada and the United Kingdom continue to enjoy.”

“In this year of Canada 150,” he says, “this initiative serves as a strong reminder for both the RCN and the RN of the continued importance of the transatlantic link and the key role Canada played in the Battle of the Atlantic and the Arctic convoys during the Second World War, and of our ongoing naval commitment to the North Atlantic.”

An event to launch the initiative will be held onboard HMS *Belfast* on December 18, 2017. The Canadian Deputy High Commissioner to the United Kingdom, Sarah Fountain Smith, and Capt(N) AuCoin will be the guests of honour, with nearly 40 international invitees at the diplomatic and military attaché level expected to be in attendance.



An aerial view of HMS *Belfast* in London, England.



The Veterans, families and staff at Camp Hill Veterans’ Services would like to offer sincere thanks to all members of the Canadian Forces who give so generously of their time and talent to support the Veterans who live at Camp Hill and the Veterans’ Memorial Garden.

Your many kind contributions are truly appreciated.

Wishing you a wonderful holiday season and all the best in 2018!



Winter 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. Pick up our Winter Program Guide today to discover an array of programs designed to help you and your family connect with other military families, have fun and feel supported by your local MFRC.

Les programmes et événements d'hiver du CRFM

Le personnel s'affaire à organiser une belle variété de programmes et d'événements afin que vous puissiez continuer à vous amuser tout au long de l'hiver. Assurez-vous de visiter notre site Web au www.halifaxmfrc.ca ou téléphonez au (902) 427-7788 afin de consulter le calendrier complet en plus de connaître les détails, les inscriptions et les dates limites des événements. Ramassez notre Guide des programmes d'hiver aujourd'hui pour découvrir une série de programmes conçus pour vous aider et votre famille à vous connecter avec d'autres familles militaires, amusez-vous et bénéficiez du soutien de votre CRFM local.

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You can also visit our website: www.halifaxmfrc.ca and check us out on Facebook: www.facebook.com/HalifaxRegionMFRC.

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Composez le 1-888-753-8827 ou le 902-427-7788 pour tout renseignement d'ordre général (de 6 h à 19 h, HAA). En cas d'urgence, nous offrons de l'information 24 heures/24, 7 jours/7. Vous pouvez aussi consulter notre



Special thanks to Chaplain Major General Guy Chapdelaine for visiting our Halifax MFRC on Tuesday, November 21, 2017. Also pictured H&R MFRC Executive Director Shelley Hopkins and Padre David Jackson.

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site Web à l'adresse www.halifaxmfrc.ca et notre page Facebook à l'adresse www.facebook.com/HalifaxRegion-MFRC.

The day after yesterday By Jen Dunn, Freelance writer

Yesterday we saw Paradise – one of its coffee shops. Rich wood floors and sunset orange walls. Artwork on display: fine-lined, personified trees. We were at the table in the kitchen. Waving, blowing kisses, all talking at once. Then the kid left to play, and it was only the screen and the two of us, just looking, silent and grinning, and suddenly shy. Cruise ship passengers wandered past the open windows. “We’re back at sea tonight,” said the voice we miss in our house. “I’ll email you tonight.”

In the dark of the morning I pull the phone under the covers, and it glows. No email. The heater clicks, turning on, and as I stretch I hear, “Mommy!” He calls from his room, through the door and down the hall. “Is it time to get up?” I roll to the other side of the bed, onto the cool, unwrinkled sheets. I breathe for a moment, and push up.

It’s nothing; he was busy. Through the blinds, there’s new snow on everything, and the darkness is lifting. “Mommmy!” I check again, then put the phone on the dresser, walk down the hall. We’ve been lucky. Planes came from Russia, buzzing low over his ship. In Haiti, he felt the aftershocks I saw on the news. Then he came home. He’ll come home this time, too.

Breakfast, followed by an hour of dinosaurs and racetracks. Check again. Bundle up in coats and hats and little mittens that keep falling off. Two shovels: a big one and a smaller one made of red plastic. Both get to work.

When the car is free we go to the grocery store. Get a cookie. Don’t get a roast because who would eat it? Get a roast because of all the leftovers, and I won’t have to cook again for days. The cashier smiles and hands over a black and white picture that will soon be plastered with every color of crayon. I think of the phone, lying in my purse. Back in the car, the heater blasting, I pull it out.

Nothing from him, but our play date has cancelled. We go to the mall and I put a dollar into the mechanical car that rumbles and shakes and makes the kid squeal. We leave with a sweater I’ll probably return and a larger pair of mittens. Beside the sliding doors we zip up, and the cold seeps off the shoppers walking past us on their way inside. I check again before we step out, smile for the kid’s sake, and hold his hand while we trudge through the parking lot.

Half a pizza left on the table; the roast in the freezer, still in its shopping bag. We curl up on the couch and watch a video. No email before bath time. No email after. None at lights out.

I stop checking in the quiet hours, willing away the thought that he’s been hurt, or he doesn’t care. He’s doing his job, and I’m doing mine. I promised I’d wait, and I will.

More snow tonight, just starting to fall. Looking out through the blinds, I think of Paradise, the white beach I glimpsed over his shoulder. In bed, I reach for the phone one last time. Long day today, but a good day, says the email. Sorry, comms were down. With a smile, I close my eyes. I see little cheeks, rosy from the cold, and sleeves smeared with pizza sauce. I hear bright laughter. Yes, it was a long day, but a good day. Tomorrow, when I send my answer, I’ll tell him all about it.

Vacation Lottery Extravaganza Winner for November / Gagnant de la loterie Extravaganza Vacances au soleil pour le mois de novembre

Congratulations to MCpl Anthony Crocker, 423 Sqn, grand prize winner of the H&R MFRC’s Vacation Lottery Extravaganza for November. Félicitations à MCpl Anthony Crocker, 423 Sqn, grand gagnant du tirage de novembre de la loterie Extravaganza Vacances au soleil du CRFM H et R.

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Strongest Families Institute is a not-for-profit organization providing evidence-based services to children and families seeking help for mental health and other issues impacting health and wellbeing, including unique challenges military families face. The organization provides timely care to families by teaching skills through our unique distance coaching approach – supporting families over the phone and Internet in the comfort and privacy of their own home. Strongest Families provides family-centered care that is customized to their needs.

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Pour de plus amples renseignements, veuillez composer 902-427-7788.

Smugglers' Blues: HMCS Nanaimo thwarts flow of narcotics

By Peter Mallett,
The Lookout Staff

Editor's Note: For operational security reasons, military members deployed on Operation Caribbe cannot be identified.

When HMCS *Nanaimo* contributed to the seizure of approximately 480 kilograms of cocaine last month in the eastern Pacific it marked a successful operational moment that was months in the making.

While the high-profile drug bust went down in a matter of hours and got most of the attention, it was the coordinated international effort and several weeks of training that is the real achievement, says the ship's commanding officer.

"Successful boardings and interdictions are rarely the actions of a single unit or ship; instead, there are aircraft, shore agencies, and other sea consorts that are all critical to the successful capture of illicit product," he says. "The operation stands as an excellent example of international cooperation and coordination."

The Kingston-class warship and its crew are participating in Operation CARIBBE, Canada's component in a United States-led, anti-drug trafficking known as Operation MARTILLO.

Also embarked in *Nanaimo* are members of United States Coast Guard (USCG) law enforcement detachment (LEDET). But it isn't just military and law enforcement personnel involved in the effort.

"There are other government departments that further exploit the interdiction for information and intelligence needed to evolve these counter-narcotics operations so that participating units become effective for achieving success," says *Nanaimo*'s commanding officer.

How it all went down

Just before midnight on Oct. 30, *Nanaimo* received a dispatch from a Maritime Patrol Aircraft that directed them to their target, a small Panga-style fishing boat. The minor warship then pursued and brought the Panga to a halt. The two vessels remained stopped in the water until the U.S. Coast Guard's law enforcement detachment received permission to board the vessel.

"Many people think an event like this plays out like a Tom Clancy novel and it's a kinetic thing done very quickly, but it is not," says the Commanding Officer.

"Once you identify a vessel you move in on it and then stop the vessel, but the coast guard still needs to go through

the process and build a case that there is a reason to board the ship."

The evidence found offered validation the information received from government intelligence agencies about the shipment was correct. Law enforcement detachment members embarked on the ship's RHIB and boarded the Panga to complete the seizure.

What they found onboard was approximately \$33,000 USD worth of cocaine packaged in one-kilogram bricks that were layered in a false deck within the vessel. The suspected smugglers were then transported to a USCG cutter on patrol in the region, and *Nanaimo* resumed operations.

The ship's commanding officer, who has participated in similar deployments including one aboard HMCS *Whitehorse* in 2015, says it is common for most vessels to jettison their cargo or evade capture once they identify a government vessel in the vicinity. He says this situation late last month was unique because the vessel in question was observed in a nearly stationary position for several hours.

"It is unclear whether these smugglers were experiencing engine trouble or had failed to spot *Nanaimo* and were waiting for another contact or transfer vessel to arrive on the scene," he says, while noting the seizure was made difficult because it occurred in the darkness of night, which hampered visibility.

Readiness Dependent

The nature of the deployment - thwarting the movement of illicit drugs and organized criminal activity - and performing it in an ocean environment presents an "elevated risk," says *Nanaimo*'s Commanding Officer.

It is the preparation and mission readiness of his crew, a mix of Reserve and Regular Force member that is crucial to mission success.

"The point of making sure we prac-



Members of a United States Coast Guard Law Enforcement Detachment embarked aboard HMCS *Nanaimo* transfer seized narcotics to a United States Coast Guard interceptor boat during Operation CARIBBE on November 4, 2017.

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tise and have everyone familiar with the processes of living and working on a ship is a big component of making things work," he explains.

After leaving Esquimalt Harbour September 28 *Nanaimo*'s crew performed workups without the assistance of another minor warship, only the second time that has happened. Embarked Sea Trainers worked the crew through tasks such as damage control and force protection before arriving in San Diego Oct. 10.

There they performed a PASS Exercise, where *Nanaimo* and ships and aircraft from the United States and Mexico sailed in formation, and conducted an exchange of personnel, an effort of cross-decking that gives navies an understanding of what life is like on the other nation's warship.

Readiness also involves mining the internet and other sources for information about the drug cartels.

"It's important to gain a geopolitical understanding, and an understanding of the drug cartels themselves and the types of people you are dealing with," he adds.



Teddy bears and toys from Trinity to IWK

On October 20, Trinity members conducted a teddy bear motorcycle convoy ride to the IWK Children's Hospital to deliver toys and teddy bears to the IWK Health Centre. The hospital happily accepted them for distribution to the patients of the hospital.

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142386

Former POW recalls the Fall of Hong Kong

By Peter Mallett,
The Lookout Staff

Seventy-six Remembrance Days have passed since Signalman (retired) Horace 'Gerry' Gerrard fought for Canada in the Battle of Hong Kong. But the memories remain.

Each year as the days of autumn grow shorter and November 11 approaches, the 95-year-old recalls the Allies' rapid capitulation to the Japanese, and the subsequent brutal treatment he and the other Canadian, Indian and British soldiers faced at the hands of their captors in Prisoner of War (POW) camps.

"Remembrance Day brings it all back," says Gerrard. "In the daytime I don't think about it much, but nights are difficult, the memories are always with me."

The battle began December 8, 1941, a day after Pearl Harbor was bombed by Japan, which marked the start of war in the Pacific theatre. The fall of Hong Kong transpired in just 17 days, and during that time the Allies suffered heavy losses and turned down multiple requests by the Japanese to surrender. They finally did on Christmas Day, 1941.

Approximately 1,976 Canadians were dispatched to Hong Kong in late 1941 and more than half of them, approximately 1,050, were either killed or wounded. Of the 554 Canadians who lost their lives, 290 died during the infamous battle portion, while 264 died in its aftermath as POWs. Gerrard says the memories of the camps

will remain etched in his mind until the day he dies.

"When people say it's amazing I survived the battle, I normally tell them 'no', what's amazing is that I survived my internment," said Gerrard.

Japan was not part of the Geneva Convention and didn't adhere to its Treatment of Prisoners of War principles.

Legion Honours

On November 7, 2017, a month ahead of the battle's anniversary, Gerrard was honoured with the unveiling of a commemorative plaque for his 65 years of service to the Royal Canadian Legion and his role in the Battle of Hong Kong. Approximately 60 of Gerrard's family and friends packed the front room at the downtown branch for the ceremony, organized by the Hong Kong Veterans Commemorative Association (HKVCA).

"When I initially heard about the ceremony I thought I would be getting a medal and that is something I don't really need," said Gerrard on the eve of the ceremony. "I'm surprised how many people showed up. I've got to admit it, the recognition and this plaque, it's nice thing for me."

The plaque is part of a nation-wide initiative by provincial chapters of the HKVCA to commemorate the 1,976 Canadians who fought against the Japanese Imperial Army in December 1941. They honour those who served in the war and include graphics that depict the battle measure and are part of a nation-wide initiative to help Ca-



Horace 'Gerry' Gerrard spent more than three years as a POW in Japan. Here he receives a commemorative plaque for his 65 years of service to the Royal Canadian Legion and his role in the Battle of Hong Kong.

SUBMITTED.

nadians remember those who served in the often-forgotten battle also known as The Fall of Hong Kong.

"Gerry is the last surviving member of the RCCS (Royal Canadian Corps of Signals) contingent, and one of only 14 Hong Kong veterans who were witnesses to that part of our history," said Gerry Tuppert, HKVCA BC Regional Director. "The plaque will forever serve as a reminder of the huge sacrifices made by Gerry and his comrades during the three years and eight months of the war for them."

The misery of war

Although more than three quarters of a century has passed since the Japanese annexation of Hong Kong, Gerrard is still able to provide a highly descriptive first-hand account of his Second World War experiences.

He was born in Bolton, England, on January 19, 1922, but was raised in Red Deer, Alta. In 1938, at 16, he joined the town's Reserve Artillery outfit even though 18 was the required age. The unit's commanding officer eventually succumbed to his repeated pleading, realizing the boy's keen interest and proficiency at Morse Code and signaling.

At the start of the Second World War he expected to be shipped overseas to the frontlines, but instead he and a group of signallers were sent out west to board RCN vessels for a voyage to Hong Kong.

As Gerrard recalls he and the rest of the Canadians "didn't really know the misery in store" for them as they headed across the Pacific and towards a bloody battle and the spread of war in the Pacific.

As the Second Sino War raged between Japan and China a short distance away on the mainland, British command had decided to bolster the garrison to 12,000. But their attempted show of strength was little match for the strategically advantaged Japanese who numbered 50,000. They also enjoyed superiority over the Allies at sea and in the air, and had the strategic advantage in terms of resupplying and equipping their troops.

It was the job of Gerrard and the other signalmen to relay communica-

tion to and from the island's Western Brigade back to headquarters. He says the attack by the Japanese came as a total surprise. As the first enemy war planes arrived in skies overhead, he really couldn't understand what was happening.

"The planes overhead was the biggest threat to us, wherever you went on the island they were always watching you," he said. "When the attack first happened, I saw a plane overhead and at first thought he was dropping leaflets, but quickly realized they were bombs because the objects he was dropping from his plane were exploding when it hit the ground."

In the days leading up to the surrender Gerrard says he and the rest of his unit were on a heightened state of alert, constantly on edge, with very little sleep.

A prisoner of war

He and the Grenadiers were part of the Allies last stand in Hong Kong. They tried to take the strategic position of Mount Cameron but were forced to surrender on Christmas Eve. The Canadians walked to the bottom of the hill and surrendered to the Japanese the next day.

"We were now under their control, but at first they [the Japanese] were hesitant and didn't know how to handle us, and we didn't know what they wanted us to do because we couldn't understand Japanese."

The prisoners spent their first year in captivity in an abandoned barracks in Hong Kong. They were then sent to permanent POW camps near Tokyo where they spent several months. In the final months of his captivity he moved to a forced-labour camp that operated at an iron mine in the north of the country; he spent the remainder of his days in captivity pounding metal in a blacksmithing shop.

During his three years as a POW he faced the reoccurring pain of seeing several prisoners suffer and eventually die from disease or starvation.

"It was quite pitiful and frightening to see the ones who died from starvation and their shrivelled-up bodies, these were men that I knew," he said.

One day a POW repeatedly said, "it's over."

"The next morning when we reported to work there were no guards present and we were all by ourselves. We got orders to stay in the camp until the Americans could liberate us a month later. They kept us alive by dropping food, medical and other supplies to us from the air."

Gerrard was 113 pounds when he left the camp.

In December 2011, Japan officially apologized to Canadian veterans for their treatment in POW camps. The news came at the moment that Gerrard was part of a Canadian delegation visiting Sai Wan War Cemetery in Hong Kong to commemorate the battle's 70th anniversary.

Standby Diver Over Garments now available to military dive teams

By DND

The standby diver is an essential member of dive teams in the CAF. This individual must be fully dressed and ready to enter the water at immediate notice to assist, rescue, or recover a stricken diver.

It's imperative that the standby diver remain ready, focused and cognizant of the task at hand throughout the dive. Burdened by wearing a diving ensemble that is heavy and awkward when sitting on the surface, this diver waits virtually motionless, often in cold severe weather, sometimes for several hours.

The Standby Diver Over Garment provides environmental protection to the standby diver during CAF diving operations, whether they are on shore or afloat, improving their comfort, sustaining their focus, and maintaining a critical safety response.



LS Glen Straarup, Fleet Diving Unit (Pacific), tries out the Standby Diver Over Garment during a recertification course.

MS SARA MACALEESE

CAF members support international delegates at UN Conference

By Katelyn Moores,
MARPAF PA

When more than 550 international delegates arrived in Vancouver for the United Nations Peacekeeping Defence Ministerial (UNPKDM) earlier this month, they were greeted at the airport by Canadian Armed Forces members from across the country. Tasked as Liaison Officers, these CAF members provided one-on-one support to their assigned delegations, showcasing Canadian hospitality and helping to facilitate the successful execution of this high-profile international conference.

Since August, a small team from Joint Task Force Pacific, led by Cdr Blair Saltel, has been working diligently in support of the UNPKDM, creating a detailed Liaison Officer program that included two days of training, a transportation plan to and from the airport for delegates, and the development of a Joint Communications Operations Centre (JCOC) which provided 24-hour support to the Liaison Officers and their delegations. It required significant planning and effort, but this behind-the-scenes support proved to be an essential part of making sure the conference ran smoothly.

One of the Liaison Officers was Acting A/SLt Melinda Song, a Naval Warfare Officer with Naval Fleet School Pacific. A/SLt Song had volunteered for similar roles in the past, acting as a personal translator for RAdm Art McDonald during the Chinese Navy visit to Victoria last year and assisting with the Pacific Command Chiefs of Defence Conference this fall. When she learned of the opportunity to assist with the UNPKDM, she jumped at the chance to once again be a Liaison Officer.

"I consider it to be a great honour and privilege to have the opportunity to represent Canada, and showcase to other nations the professionalism and hospitality of the Canadian Armed Forces," said A/SLt Song.

After arriving in Vancouver, the Liaison Officers were assigned to their delegations and provided with detailed information on their role and what to expect during the conference, as well as briefs from a MARPAF Gender Focal Point and the RCMP.



A/SLt Melinda Song stands with the members of the Bhutan delegation at the UN Peacekeeping Defence Ministerial in Vancouver, B.C. (From left to right) Tshering Wangdi, LCol Samten Cheynor, A/SLt Melinda Song, Minister Damcho Dorji, and Col Kinley Namda.

They were also assigned temporary cell phones that would allow them to easily contact the JCOC through an instant messaging platform, facilitating the simultaneous transfer of information between the operators and the Liaison Officers.

"I was very impressed with the JCOC," said A/SLt Song. "Imagine you are hosting a big multi-day party, with more than 80 diverse families invited to attend. You, as the host, are to be attentive and cater to the various requests of all these different people. The JCOC did an excellent job of managing everything that was expected, as well as everything that was simply unexpected."

A/SLt Song was assigned to the delegation from Bhutan, a relatively small country in the Himalayas bordered by China and India. Bhutan is known for its commitment to environmental conservation, with 60 percent of its land under protection by law, and for measuring their success by Gross National Happiness instead of Gross Domestic Product.

During her time with the delega-

tion, A/SLt Song's role was to communicate their needs, helping to alleviate any minor concerns so that the delegation could concentrate on the important issues at hand.

"I envision myself to be the Staples 'That was Easy' button for the Bhutan delegation, from the moment they arrived at the airport, to the moment they departed," A/SLt Song explained.

For many of the Liaison Officers their job was no easy task, as many delegations had ambitious schedules for their short time in Vancouver. Liaison Officers had to think quickly on their feet, often making last-minute adjustments due to

unexpected delays, meeting requests and schedule changes. Although it was stressful at times, A/SLt Song tried her best to anticipate the needs of the delegation in advance, even finding time to act as their tour guide upon discovering that it was her delegation's first time in Canada.

"The best part for me personally, as a Liaison Officer, was to be able to play a big part in their West Coast experience," explained A/SLt Song.

"Whenever time allowed, I would put on my tour guide hat and tell them interesting facts about Canada, pointing out Stanley Park, Lions Gate Bridge, and North Vancouver. We went on the Sea Bus, took the skytrain and went on a tour of HMCS Winnipeg. They even tried raw oysters because of me."

In total, more than 150 CAF members, along with the crew of HMCS Winnipeg, were in Vancouver to support the UNPKDM. The conference concluded with a number of achievements including 48 new peacekeeping pledges, 13 reaffirmed and advanced past pledges, and the endorsement of the Vancouver Principles on the prevention of the recruitment and use of child soldiers in peacekeeping operations by 54 countries.

Although it wasn't always easy, A/SLt Song said she's glad she volunteered. Her time as a Liaison Officer allowed her to foster a mutual friendship with her delegation, and a better understanding of the culture and values of the people of Bhutan. She also developed friendships with many of the other Liaison Officers over the week they spent together – something she will cherish forever.

"This experience will definitely be one of the highlights of my career," said A/SLt Song. "If anyone is offered a similar opportunity, I highly recommend they seize it."

Correction

By Trident Staff

In the November 13 Trident, the article regarding HMCS Kootenay

included the wrong date of the explosion and fire. Those events occurred on October 23, 1969.

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TRIDENT Sports

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

Local hockey standout recognized at CAF Sports Awards

By Ryan Melanson,
Trident Staff

Through her more than 30 years with the CAF, WO Charlene Arsenault has proven herself to be one of Canada's top military athletes.

She led the Halifax women's hockey team through an astounding 15 appearances at the CAF National Hockey Championships, 11 times as team captain, bringing home a total of six national gold medals. In recent years, her athletic focus has shifted to running; she ran her first competitive half-marathon in 2014 at the age of 47, competed internationally with Canada's CISM running team earlier this year, and has also qualified for next year's Boston Marathon.

Though she continues to push herself and welcome new athletic challenges, her accomplishments thus far were recognized in a big way as members of the CAF sports community gathered in Ottawa on October 20 for the annual CAF Sports Awards Ceremony. WO Arsenault was inducted into the CAF Sports Honour Roll, which is the second-highest honour in the CAF Sports Program, recognizing those who have set themselves apart through high-calibre athletic performance or longstanding contribution to sports.

It wasn't her first time attending the ceremony, having previously received Athlete of the Year and Team of the Year awards for women's hockey, but this occasion was different, she said. With less than two years remaining before she releases from the CAF, and with her 90-year-old mother in attendance, the Honour Roll induction was a proud and emotional moment.



WO Charlene Arsenault has logged 15 appearances on the ice at the CAF National Hockey Women's Hockey Championships since 1999.

CFB BORDEN IMAGERY



WO Charlene Arsenault, with her sister Noreen (left) and mother Evelyn, after receiving her induction to the CAF Sports Honour Roll at the 2017 CAF Sports Awards Ceremony, held in Ottawa on October 20.

CPL MICHAEL
MACISAAC, CFSU
OTTAWA

"I had been waiting for years for a chance to bring my mother to a function like this, and it was the perfect time to do it," said WO Arsenault,

whose family members, including 15 siblings, have been a presence in the crowds through the biggest moments of her sports career. Her sister Noreen was also in Ottawa for the special moment.

"I'm very proud to wear my uniform, and to go up there and accept that award was a big moment for me. I feel fortunate to have been in the military for so long, and to have all the opportunities that led to me receiving this award," she said.

But despite her long list of achievements, which includes countless individual hockey awards as well as success at CAF nationals in broom-

ball and fastpitch softball, she was still humbled and surprised to have her name placed alongside so many other great CAF athletes. The addition of competitive running in recent years may have given her nomination an extra boost, particularly the international element introduced when WO Arsenault was chosen as a member of the CISM running team for 2017, after a strong performance in her first full marathon the year prior.

"We don't have CISM for hockey, but I always wanted the chance to compete internationally before I retired and I didn't think I would ever get there," she said.

She ran for enjoyment and exercise for years, and recalls that her late brother Robert used to tell her she had natural running ability. After his passing in 2006, she said, the thought of taking a serious crack at the endurance sport stayed in the back of her mind. She won her age group at her first half-marathon in 2014, and only three years later, was part of the bronze-medal winning Canadian team at the 2017 CISM World Championships in Ottawa, a first for Canada in CISM running.

She also remains heavily involved in CAF hockey, and while she won't be lacing up her skates this season, she'll

still serve as one of two coaches for the Halifax Mariners women's team, along with LS Robyn Nicholson.

"I do want to give back to the sport, because the sport gave me so much, she said.

"I love to play, so it's going to be tough at regionals watching from behind the bench, but at the same time it's nice to be able to help out, especially for our newer girls that are first learning to play the game."

WO Arsenault said much of the credit for her accomplishments goes to her family, a source of constant support through the years, as well as her unit and chain of command, who have always allowed her the time needed to see her CAF athletic career through to its full potential.

In the nomination letter for her Honour Roll recognition, prepared by 1 Dental Unit Detachment Commander LCol Glenda Ross, WO Arsenault was lauded for using sports as a conduit to positively influence fellow military members over the last three decades.

"She exemplifies why sports is such an important part of the military. WO Arsenault has helped develop our soldiers by putting team before self, creating a positive culture, and showing that planning, training and cohesiveness often leads to success," LCol Ross wrote.

Ask the Expert: What is a high ankle sprain?

By Dr. Darrell Menard,
MD, Diploma in Sport Medicine, DGHS

Q: Two months ago, during a flag football game, I was tripped up while running to catch a pass. I fell awkwardly and ended up twisting my right foot. I was told I had an ankle sprain and given physiotherapy. My recovery has been frustratingly slow and my physiotherapist feels this is because I have a high ankle sprain. Could you please explain what they mean by a high ankle sprain? -David

A: Dear David:
Sorry to hear about your injury. Ankle sprains are very common injuries especially in sports such as flag football. While every ankle sprain is unique, they are commonly divided into two groups:

- 1. Low or common ankle sprains - approximately 90 per cent of sprains
- 2. High or syndesmotic ankle sprains - the remaining 10 per cent.

These two injuries are very different, with high ankle sprains usually causing more significant problems. The ankle consists of three bones held together by a number of tough ligaments. These ligaments are essential to the stability of the ankle joint, and when they are injured the ankle typically becomes swollen, bruised and painful to move. When these ligaments are badly damaged, the ankle

can also become unstable. Low and high ankle sprains involve injuries to different sets of ligaments. In high ankle sprains you injure the syndesmosis - a group of strong ligaments found between the tibia and fibula. The syndesmosis functions to hold your tibia and fibula tightly together to prevent the impact forces of running and walking from spreading these bones apart. When your syndesmosis is injured, walking and running can be painful. High ankle sprains most commonly occur when your foot is forced into rapid external rotation. They can also occur when your foot is rapidly flexed up towards your shin - well beyond the normal range of motion. High ankle sprains are often missed because they typically cause minimal swelling and bruising. Regrettably, they take much longer to heal than common sprains and athletes may be unable to return to play for six months or longer. If the syndesmotic ligaments are badly damaged, they may need to be surgically repaired. The bottom line: High ankle sprains are generally more significant injuries than common ankle sprains. They cause more pain, take longer to heal and in some cases require surgical repair. Keep working hard with your physiotherapist and stay fit doing low impact activities such as swimming and biking. Exercise is medicine!

Fitness and sports updates

By Trident Staff

Female hockey players wanted. All levels of skill welcome. Come and learn the game and/or better your game in a supportive fun environment. Practices: Shearwater, Mondays 3:30-5 p.m. ; and Halifax Forum, Wednesdays, 12:30-2 p.m. If you are interested and want more information, please contact LS Robyn Nicholson at Robyn.Nicholson@forces.gc.ca

CFB Halifax Women's Basketball. If you're looking for a fun and healthy way to keep the Christmas goodies at bay and stay active this winter season, check out women's basketball. No experience necessary. All abilities are welcome. Please contact Capt Rachel Nicholson at rachel.nicholson@forces.gc.ca or call 902-720-1938 for more info.

Noon Rec Bowling League meets at the Stadacona Lanes in STADPLEX. Every Monday, Wednesday and Friday 12 – 1 p.m. Shoes supplied. Teams can be made up of as many players as you wish, however, only three bowlers per team can bowl on a given day. DND civilian employees are welcome, however, will be required to pay the Community Rec user fee at the STADPLEX front desk.

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

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

Sports trivia: rugby and soccer

By Tom Thomson
and Stephen Stone

Questions

- 1. This team is the current Canadian University Women's Rugby Union champion.
- 2. This woman scored three tries on November 19, 2017 as Canada made history by defeating Papua New Guinea 22-8 for its first ever win at the Rugby League World Cup.
- 3. Although Rugby Union uses 15 players a side, how many are used in Rugby League?
- 4. What country is the most successful Rugby Union Women's World Cup team?
- 5. In what year did the Canadian Women's Rugby Union team post its best World Cup result?
- 6. What is the name of the international Rugby League challenge series between the United States Tomahawks and the Canada Wolverines?
- 7. Since the inauguration of the Canadian Men's Rugby Union team, how many times has it qualified for the World Cup?
- 8. In what year did the Canadian Men's Rugby Union team post its best World Cup result?
- 9. Which team did Canada beat to win the Singapore tournament in the Sevens World Series XVIII?
- 10. Since Rugby Sevens was introduced into the Pan American Games in 2011, how many times have Canadian sides medalled and what medals did they win?
- 11. This Canadian soccer player has appeared in 261 international matches and has scored 168 goals.
- 12. He was the first footballer to win

- 100 international caps and went on to appear 105 times for England, 90 of them as captain.
- 13. In Canadian women's university soccer, this trophy is awarded annually to the national champion.
- 14. In Canadian men's university soccer this trophy is awarded annually to the national champion.
- 15. Which university has the best record in women's soccer?
- 16. Which university has the best record in men's soccer?
- 17. Which team is the current Canadian women's university champion?
- 18. Which team is the current Canadian men's university champion?
- 19. The Canadian men's soccer team won its only gold medal at these Olympic games.
- 20. How many times has the Canadian men's soccer team qualified for the World Cup?



Super Crossword



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*Members
of HMCS
Montréal
participate in
a fitness class
on the flight
deck during
the NEPTUNE
TRIDENT 17-
02 deployment.*

LS DAN BARD/FIS
HALIFAX

PSP fitness instructor sees the world while supporting RCN sailors

By Ryan Melanson
Trident Staff

Staying physically fit is an important part of being a CAF member, and that responsibility doesn't change when deployed for long stints at sea. Even when living on a warship, sailors need to find the time and space to stay active and get their regular workouts in.

For the better part of the last year, PSP Halifax's Briana Plante has been helping to make that happen, deploying aboard RCN ships on multiple occasions as a Fitness, Sports and Recreation Coordinator at sea. She sailed with a Navy crew for the first time in October of 2016, and has since com-

pleted five deployments, most recently accompanying the crew of HMCS *Montréal* for a three-month sail to Europe that saw the ship participate in exercises FORMIDABLE SHIELD 2017 and JOINT WARRIOR 172 as part of the overarching NEPTUNE TRIDENT 17-02 deployment.

"The biggest challenge at sea is probably the fact that I'm teaching classes on a ship that has no actual gym space and is constantly affected by the ever-changing weather," said Plante, who joined the PSP team in 2015 as a Fitness and Sports Instructor. On a regular day on board, she leads three group sessions per day, alternating between strength training, upper and lower body work,

mobility classes and other exercises, and with the unpredictable nature of shipboard life, she steers away from heavy weights or complex exercises.

"If the sea state isn't optimal, I'm always ready to adjust my class so that members can safely workout at sea," she said.

Her days at sea are rounded out by planning new classes or recreation activities for upcoming port visits, as well as working individually with crewmembers who have more specific physical goals or limitations caused by injury. The amount of time spent with the crew is an advantage in this case, as an increased level of trust and familiarity allows for more specialized instruction. Plante has also conducted a clinic focused on back-pain for a number of members, as well as a FORCE prep class to help those who were unsuccessful in their latest FORCE test to prepare for their next try.

“This has been my longest deployment to date, and this timeframe has allowed me to train certain groups of

people and clearly see the benefits and changes that brought them," she said, adding that she's formed great professional relationships and also made some new friends over the last few months with *Montréal*.

The highlight of her sea time, however, has been the opportunity to sail to so many different locations with the Navy and have experiences that aren't generally available to civilians. On top of racking up visits to 20 different port cities in the last year, Plante recalled moments like sailing through the fjords of Greenland in August on Op NANOOK, riding in the RHIB with *Montréal's* Bosns.

"It was breathtaking to see the ship from afar, sailing through the fjords, surrounded by icebergs and fresh northern water. It was one of the most beautiful things I've ever seen," she said.

Plante is currently back in Halifax and running classes at the STADPLEX gym, but said she won't hesitate to head back to sea if the opportunity presents itself.

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[illegible]

Super Crossword

23RD AMENDMENT

- ACROSS
- 1Tussle (with)

8Hindu chant

14Robotic floor vacuum

20Predicted

21Daisy types

22Relatives of 21-Across

23Pounding one's shawl?

25Like sacred statues

26Step up or down

27Instant, for short

28Santa -- College

29In history

30Book parts

34What aviator Orville or Wilbur was called?

37Found on these pages

38Kitty treater

39Fill up fully

40Celtics rival

41"What the Butler Saw" dramatist Joe

42Does penance

45Sprinter Bolt

47Small songbird with a cartoon cat?

5060-min. units

51"Rockaria!" band, in brief

54Singer Clay

55San -- (Italian resort)

57Poet W.H. --

59Fusion

64Old laundry machine that's totally on the fritz?

66Raving sort

67People debating

70Bistro, e.g.

71"Goodbye, Columbus" author when he's very angry?

73Throw from a steed

74Tea garnish

75Apple debut of 1998

76Mini-serving

79Prior to

80Flan need

82Damage done to a periodical?

89Pub buys

91Find a new place for, as a pet

92Islamic equivalent of kosher

93Trial attire

96Siestas

98"Mazel --!"

99Hereditary sequence

100Declaration upon pulling your valise forcefully?

103Many a handcuffed person

105-- Jo ('80s track star)

106That guy's

107Certain Wall St. trader

108Paradigm

109Hereditary

111Actress Fay who was always cheerful?

117Get free of

118Silky goat or rabbit

119Helm handler

120Beaches

121Observed in the vicinity of

122Actor Erik

DOWN

1Yackety-yak

2Lament

3-- Khan

4Impose

5Capital of Kosovo

6Like the pre-Easter period

7-- Allan Poe

8Comic Jay

9Bunyan's tool

10Story for an anchor

11Radials for a Rolls, say

12Fails to stay poker-faced

13Viper variety

14Slickers and galoshes

15Wilde with wit

16Bison-hunting tribe

17Household

18Intelligent

19Fancy ties

24"-- the season!"

28Gallery gala

30Grub

31Berlin man

32Funnyman Johnson

33Hireling

34"... three -- a tub"

35Ocean liquid

36Hotel relative

38Cast a ballot

42Take -- view of

43"Bad!" sound

44Shopping jag

46Old Testament book

48Racial equality gp.

49Part of YTD

51Lawn gadget

52Dirty looks

53Ham -- (deli classic)

56Rx signers

58Golden rule's second word

59Plenteous

60Bill of "Real Time"

61Japanese film genre

62Stitch's cartoon pal

63Dive variety

64"Yeah, no kidding!"

65Taylor of "The Nanny"

67Chair part

68Traipse

69Sporty auto

72Tepees' kin

73-- Reader (alternative digest)

76Sierra Nevada lake

77Sea of -- (waters off Ukraine)

78Gaming "City" dweller

81Non-Jews

83Somehow manages with

84Pair attached to an axle

85Also- -- (losers)

86Scores

87Arose (from)

88Painter Paul

89Nectar lover

90CIA worker

93Searches and robs

94Wise-looking

95Bucking one

97Card game expert John

99Bestows

101Triangle, e.g.

102Fly into -- (get furious)

103Madison Ave. output

104Find a new purpose for

108"-- first you don't succeed ..."

110Corn spike

111Once existed

112-- pro nobis

113That gal's

114Levin or Glass

115TV neighbor of Homer

116Time of note

1	2	3	4	5	6	7		8	9	10	11	12	13		14	15	16	17	18	19	
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Sports trivia: rugby and soccer

Questions on page 21

- Answers
1. University of Ottawa Gee-Gees. They are the first team from the Réseau du Sport Étudiant du Québec (RSEQ) to win the championship.

2. Natasha Smith.

3. 13.

4. New Zealand with five titles.

5. 2014 - runner-up to champion England.

6. The Colonial Cup.

7. Eight - in other words, all of them.

8. 1991 - quarter finals.

9. The United States, 26-19.

10. Three: 2011 - men's gold; 2015 - men's and women's gold.

11. Christine Sinclair. She is second on the all-time scoring list.

12. Billy Wright of Wolverhampton Wanderers.

13. The Gladys Bean Memorial Trophy.

14. The Sam Davidson Memorial Trophy.

15. University of British Columbia Thunderbirds - six titles.

16. UBC Thunderbirds - 13 titles.

17. Université de Montréal Carabins.

18. Cape Breton University Capers.

19. 1904 Summer Games in St Louis.

20. Once - in 1986. They did not win a match or score a goal.

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