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TRIDENT

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

Final operational flight

Three Sea King helicopters fly past
HMCS Charlottetown during the final
operational flight of Sea Kings from 423
Squadron, 12 Wing Shearwater, on Janu-
ary 26, 2018.

MCPL ALEXANDRE PAQUIN, 12 WING IMAGING



HMCS *St. John's* sails on
Op REASSURANCE Pg. 3



Money Matters
special Pgs 12 - 13



Twin sisters in Kingston
class ships Pg. 15



Women's basketball
development camp Pg. 20



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February 22nd

145031



HMCS *Charlottetown* returns after six-month NATO deployment

By Ryan Melanson,
Trident Staff

After a half year at sea and away from their loved ones, the wait is over for the ship's company of HMCS *Charlottetown*.

The frigate arrived back in Halifax Harbour on January 19 after a six-month deployment to Op REASSURANCE in the Baltic and Mediterranean, with hundreds of friends and family letting out loud cheers as *Charlottetown* came alongside. The Stadacona Band was at the jetty with a few tunes for the occasion, despite a cold morning, and representatives from the MFRC were also on hand with colouring books for the kids and plenty of coffee.

As usual, one sailor won the first kiss lottery, and LS Chris Martin was the first off the ship to be reunited with fiancée Rosemary Holland for the first time since getting engaged while at sea. As the rest of the sailors marched down the gangway to be reunited with family, the mood was markedly different than when the crew departed Halifax in August of last year.

"Coming home is the best part; it's always a joyous occasion. I'm just happy to see my family and see my kids, and now we'll go home and try to get back to our normal lives," said Lt(N) Duncan Wolfe, who was greeted by his wife Laquisha and three children, holding up a sign proudly proclaiming that the 'Wolfe Pack' is now complete.

"Everytime he leaves, it's like starting fresh and meeting for the first time all over again. We've got a lot of date nights coming up now," Laquisha Wolfe said.

Some were sailing on their first-ever deployment of this length, while others like PO1 Patrick Cooper-Mayer have grown accustomed to the routine. With 16 years of service and experience sailing in the Victoria-class submarines, a half year on a frigate is no sweat.

"It's a part of normal life for us now, you get used to it and you learn how to deal. Some people find it really difficult but we make it work," said PO1 Cooper-Mayer's wife Beth at the jetty with her two daughters.



HMCS *Charlottetown* arrives in Halifax harbour after a 6-month Op REASSURANCE deployment.

MONA GHIZ, MARLANT PA

"He'll get a good sleep and some food from his favourite pizza place tonight, and we'll go from there," she added.

Though everyone was happy to get home, Cdr Nathan Decicco, *Charlottetown*'s Commanding Officer, was quick to credit his crew for extremely high levels of morale through the tail end of the trip.

"As you walked around the ship recently, you would see people smiling, and so often after a six month deployment that isn't the case, and you have people who are exhausted and just looking forward to getting home," he said. A lot of close friendships were formed on board, and members were always able to share in successes or look to one another for support when needed.

"We've all been through the same program for the last 12 months, and people are really feeding off that. There's a lot of positivity and a lot of pride in what they've accomplished in that short amount of time."

The deployment allowed for

many hours of interoperability training and relationship building with NATO allies, and other operational highlights included swapping out the ship's embarked Sea King helicopter about halfway through the mission after a fuel cell problem that couldn't be repaired at sea. A new Sea King

arrived in France on a C-17 Globemaster and was swapped in without any assistance from contractors or allies. The replacement of a diesel generator while alongside in Croatia also allowed the ship's engineering department to prove their worth, Cdr Decicco said.

"We opened up the whole ship from top to bottom for some major engineering work over about two and a half weeks and it went off without a hitch."

Charlottetown marked the eighth rotation to Op REASSURANCE since 2014 for the RCN in support of the NATO assurance and deterrence measures in the region. Seeing the situation first-hand, including a large amount of non-allied naval and air activity in the Baltic and North sea, highlighted the importance of Canada's contribution for the crew, Cdr Decicco said. In addition to the Maritime Task Force, Op REASSURANCE has also seen more than 1,000 Canadian Army soldiers deployed in eight different Central and Eastern European countries since 2014, and the CAF Air Task Force recently contributed to patrols and enhanced air policing in Romania and Iceland.

With the rotation complete for *Charlottetown*, members of the crew will take a break with some well-deserved leave time. Once they do return to work, many of the personnel from this deployment will rotate off the ship and into the Navy's training establishments, where they can use their recent experience to help prepare others for future REASSURANCE deployments and other overseas missions.

"By deploying, seeing what's happening out there and doing some of those real-world operations, they're in a really good position to stay in Halifax or head to Victoria and train the next batch of sailors," Cdr Decicco said.

"They have a lot of knowledge now as to what sailors can expect on this type of deployment and how they can deal with it, so they'll pass that on."



The Wolfe family awaits the arrival of HMCS *Charlottetown* and Lt(N) Duncan Wolfe at Jetty NB on January 19.

MONA GHIZ, MARLANT PA



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HMCS *St. John's* sails to Mediterranean for Op REASSURANCE deployment

By Ryan Melanson,
Trident Staff

There was a mixture of excitement and sadness at HMC Dockyard on the morning of January 16, as the crew of HMCS *St. John's* prepared to depart Halifax for an Op REASSURANCE deployment that will keep the highly-capable sailors away from home for more than six months.

The departure marks the ninth rotation of an RCN frigate to Op REASSURANCE, which has been Canada's contribution to NATO assurance and deterrence measures in Central and Eastern Europe since 2014. It's the second time *St. John's* has deployed, and it will soon join Standing NATO Maritime Group 1 to replace HMCS *Charlottetown*, which arrived back in Halifax on January 19.

"These departures are always bittersweet. Obviously it's sad that peoples' loved ones are heading over the horizon for six months, but today is the culmination of a tremendous amount of work by the crew of HMCS *St. John's*," said RAdm Craig Baines, Commander MARLANT and JTFA, just prior to the ship's departure.

The lead-up to the deployment has been a unique one for *St. John's*; the ship is joining its NATO allies just three months after being tasked with hurricane relief efforts following the devastating storms in the Caribbean. The crew left Halifax on October 1 of last year, spent three weeks in South Caicos and Dominican providing critical aid and helping to facilitate rescues, and then quickly returned to continue preparations ahead of Op REASSURANCE. Cdr Gordon Noseworthy, the Commanding Officer of *St. John's*, said the unexpected trip was an example of the versatility of sea power and the high readiness of RCN personnel, and that his crew was extremely proud to represent Canada in assisting victims of the storms.



A well-wisher holds up a Canadian flag for the crew of HMCS *St. John's* as the ship slips Jetty NB and begins its departure.

MONA GHIZ, MARLANT PA

"We've already sailed thousands of miles and spent many weeks away from home," he said, describing that short deployment along with the workups and long training hours spent ensuring the crew and ship is operationally ready. He also credited the FMF, Sea Training and other support organizations who also put extra effort into *St. John's* preparations through the last eight months.

"Without those many long days and evenings, we wouldn't be as ready as we are today," he said.

"It's all been in preparation for the deployment, and now that day is upon us."

The ship will sail to the Mediterranean with an embarked CH-124 Sea King helicopter, an essential tool and force multiplier for *St. John's*, and this rotation should mark the last deployment to Op REASSURANCE for Canada's 50-year-old maritime choppers. HMCS *Ville de Quebec* will replace *St. John's* and join the NATO mission later this year, and plans are for *Ville de Quebec* to sail overseas

with an embarked CH-148 Cyclone for the first time.

For the families and friends gathered at the jetty, the excitement about training successes and RCN capabilities was overshadowed by the knowledge that their loved ones will be spending the winter away from home. Lots of hugs and tearful goodbyes were had, and many held up signs or Canadian flags as the crew waved goodbye and *St. John's* slowly made its way out of the harbour.

"The kids will miss him and I'll miss him," said Debbie Littlewood. She and her three children said goodbye to hull tech PO2 Eric Caron, and she said aside from the missing companionship, small tasks like grocery shopping and shoveling the driveway also start to add up when running the household without her partner.

"Day to day life just isn't the same when he's not around."

Cdr Noseworthy highlighted family members and their support as crucial to the morale and effectiveness of his crew, with sacrifices that begin during the busy pre-deployment period and continue through the duration of the ship's time overseas.

"They'll continue to carry those heavy burdens while we're deployed, and it's that support that will enable us to execute our mission," he said.



HMCS *St. John's* begins its departure from Halifax for Op REASSURANCE on January 16.

MONA GHIZ, MARLANT PA



Members of the ship's company wave goodbye to the crowd at HMC Dockyard before setting sail.

RYAN MELANSON, TRIDENT STAFF



Publication
Schedule
for 2018

January 8 — MFRC; 12 Wing Shearwater centenary special
January 22
February 5 — MFRC; Money Matters
February 19
March 5 — MFRC
March 19 — Posting Season
April 2 — MFRC; Car Sales, used
April 16 — Spring Automotive Maintenance
April 30 — Battle of the Atlantic special
May 14 — MFRC; Spring Home & Garden
May 28
June 11 — MFRC and DND Family Days special
June 25
July 9 — MFRC
July 23
August 6 — MFRC
August 20 — Back to School
September 4 — MFRC; Car Sales, new models & leftovers
September 17 — Fall Home Improvement
October 1 — MFRC
October 15 — Fall Automotive Maintenance
October 29 — Remembrance special
November 13 — MFRC
November 26 — Holiday Shopping
December 10 — MFRC and 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 than 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. For more information, go on-line 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.

Psychology Month Learning Series

Time: 6:30 p.m.

Date: Tuesday, February 6

Location: Halifax Central Library

What is Borderline Personality Disorder? How does it develop? Is it treatable? This talk will clarify some myths around a BDP diagnosis. Clinical Psychologist Dr. Amber Fougere will explore what a diagnosis of BPD means, outline the factors of its development, and highlight research about the effectiveness of BDP treatments. Learn about strategies for coping with distress more effectively and supporting loved ones who struggle with BPD. Presented in partnership with the Association of Psychologists of Nova Scotia.

Dalhousie Arts Centre screening series

Time: 7 p.m.

Date: February 6 & 13

Location: 6101 University Ave.

The latest screening series at the Dalhousie Arts Centre is presented in celebration of classic female directors. It continues on February 6 with Young Lovers (Never Fear), a 1949 film by Ida Lupino, described as the most important and influential female directors of the 1940s and 1950s. Then, on February 13, the centre will screen Simon and Laura, Muriel Box's 1955 comedy that explores an early version of reality TV in England. Screenings are free to the public and take place in the Arts Centre's MacAloney Room.

North Preston: A Legacy at Risk

Time: 2 - 4 p.m.

Date: Saturday February 10

Location: Cole Harbour Public Library

For years, many residents of North Preston, and other historic Black communities in Nova Scotia have been fighting to get clear titles to

their land. This session will feature videos from the award-winning NSCC student journalism project Untitled: The Legacy of Land in North Preston and a discussion facilitated by Angela Simmonds, a Community Legal Liaison/Advocate.

Africville: Can't Stop Now

Time: 6:30 p.m.

Date: Wednesday, February 21

Location: Halifax Central Library

Although the destruction of the community of Africville and the relocation of its residents happened in the 1960s, the racism underscoring that decision still affects the lives of African Nova Scotians today. Understanding the story of Africville can inspire us all to take action to create a more inclusive and just community for all. Award-winning filmmaker Juanita Peters will screen her film Africville: Can't Stop Now and facilitate a discussion following the screening. Presented by TD Bank in partnership with Africville Heritage Trust.

Nova Scotia and the First World War

Time: 7 p.m.

Date: Tuesday, March 27

Location: Government House, 1451 Barrington Street

In this edition of the Evenings at Government House series commemorating the centenary of the end of the First World War, Dr. Brian Tennyson of Cape Breton University will present on the war from a Nova Scotia perspective. Nova Scotia's experience was unique because of its position on the Atlantic coast. It was home to two naval bases and convoy gathering ports, as well as two American naval air bases, and enemy submarines operated in its coastal waters. This is a free public event, but registration is required. Call 902-424-7001 or visit lt.gov.ns.ca.

African History Month 2018 events

By Trident Staff

African History Month 2018 events in Nova Scotia range from concerts to lectures to drumming and dance workshops.

MARLANT's event, presented by the Defence Visible Minority Advisory Group, will take place on February 28 in the multipurpose room at the Piers Military Community Centre, WP 106 from 10 a.m. to 12 p.m. Guest speakers include Kardeisha Provo, who created a YouTube channel earlier this year to give North Preston community members a way to promote and share their stories in their own voices; Quentrel

Provo, an anti-violence advocate; and Josh Creighton, who was one of six teenagers who co-founded the North-End Community Action Committee.

February 5. Why Black Unity? Pan-Africanism, Dalhousie and the World. 6-8 p.m., room 303, Dalhousie Student Union Building, 6136 University Ave, Halifax. Free event.

February 6. Keonte Beals in Concert. 8 p.m., Maritime Museum of the Atlantic; 1675 Lower Water St, Halifax. Free event.

February 10. The 2017 African Heritage History Challenges. Location to be announced.

February 11. Author reading with

Wanda Lauren Taylor. 2 p.m., Halifax Central Library, 5440 Spring Garden Road, Halifax. Free event.

February 13. Lynn Jones African-Canadian and Diaspora Heritage Collection Exhibit Event. 5:15 p.m. to 6:15 p.m., room LI135, Patrick Power Library, Saint Mary's University; 5932 Inglis St., Halifax. Free event.

February 17. African Drumming and Dance workshop, with the Maritime Academy for African Dance. 11 a.m. to 12:30 p.m., New Glasgow Public Library, 182 Dalhousie St; New Glasgow. Free event.

Continued on page 5

Gaining more control in my life

By Lt(N) Padre Graeme Carruth,
Resource Manager, FCC(P), CF H Svcs
C(A)

So I'm listening to the radio this morning to an interesting discussion about how values among a younger generation include having more control over one's life and life's direction. Unfortunately, the tough reality is that true control over one's life and direction is often an illusion, especially in this business where we have so many over us who tell us what to do and when and how to do it. Nevertheless there is a field of opportunity in which we do have a measure of control. One of those areas can include the realm of personal finances.

It's old news that we should minimise debt and maximise investment. But that's not just about tomorrow and retirement, it's about today. The Bible's book of Proverbs, which is a 'chicken soup for the soul'-type collection of sayings that have stood the test of centuries, points out the reality that "the borrower is slave to the lender" (Proverbs chap 22, verse 7). And that certainly has proven true for me. Currently we owe a mortgage on the house that not only has to be paid back, but it's the bank that gets to tell me how fast and how much extra I'm going to have to pay in interest just for the privilege of living in the house that they can repossess if I fail to pay on time! In a fashion, we are slaves to the bank and the bank has a lot of control over my life.

To be honest, I'm satisfied with the deal because I need a place to live that my family is happy with. But it does limit my 'today choices' in terms of what I can do that costs money. Because the bank gets a big chunk of my paycheque, I can't do some things I want to and I am limited in some of the nice things I would like to share



Padre's Corner

with my family. Likewise, the fact that the bank controls me this way affects how soon I feel I can afford to walk away from the CAF, which further limits the control I have over my choices. I don't have to sit with my debt very long before I realise how much personal control I lose by owing the bank a chunk of money.

Given this reality, it's no wonder Jesus had so much to say about money and how easy it is to lose ourselves to its control of our lives. Whatever may be our personal spirituality and our personal grounding for resilience, debt worry can undermine both as well as our sense of control in the here and now.

Thankfully, there are some things we can do to gain better control and richer spirituality. One thing I have found helpful is to include my finances in my personal spirituality. Or put another way, when it comes to spending money I consider how the spending supports the deep values that matter to me. Will it benefit my family? Will it show my love for someone? Will it help a person in need? And of course if I am just spending it on something fun, which is totally cool, I do ask: will I feel good about spending that money 10 days afterward?

Everyone will find his/her answer to these questions but it has been my experience that posing myself these questions when it comes to spending money helps me to maintain greater personal control and to live a happier more fulfilled life.

African History Month 2018 events

Continued from page 4

February 21. Author reading with Wanda Lauren Taylor. 7 p.m., Halifax North Branch Library; 2285 Gottingen St., Halifax. Free event.

February 22. Viola Desmond's Canada: A presentation and discussion by Graham Reynolds. 12:45 p.m., Verschuren Centre for Sustainability in Energy and the Environment; Cape Breton University; 1250 Grand Lake Road.

February 23. Annual Negro Spiritual Night. 7 to 10 p.m., Cherry Brook United Baptist Church; 331 Cherry

Brook Rd; Cherry Brook. Freewill offering.

February 25. Annual AHM Worship Service. 10:45 a.m., Cornwallis Street Baptist Church, 5457 Cornwallis Street, Halifax.

February 26. Mental Health Workshop Series. 6:30 to 8 p.m., East Preston Family Resource Centre, 1900 Highway 7, East Preston. Free event.

February 27. Celebrating Black Business: Networking Event. 6 to 8:30 p.m., Halifax Central Library, Paul O'Regan Hall. Free event.



Naval Reservists from 22 Naval Reserve divisions spent two weeks training at sea in an Orca class vessel.

A/SLT ALEX WOOD (HMCS YORK)

Naval Reservists go to sea in Orca class vessels

By A/SLT Alex Wood,
PAO, HMCS York

More than 100 members from 22 of Canada's 24 Naval Reserve divisions participated in a two-week exercise aboard four Orca Class training vessels. Led by Officer in Tactical Command, LCdr Trent Nichols, Commanding Officer, HMCS *Queen*, sailors from various trades practiced their skills and learned about ship-board life.

Naval Reservists from all ranks and trades came together to refresh their skills, progress in individual training and for several members experience life at sea for the first time.

Naval Warfare Officers honed their expertise in navigation and ship handling as they responded to man over board and steering gear breakdown drills. Boatswains, cooks and other crewmembers worked on fire-fighting techniques, knot tying and casualty clearing as well as working with heaving lines and manning the Zodiac.

Every mariner knows that weather is a crucial factor when planning for ships going to sea. In this case, however, weather from across the country played a direct role. Conditions in eastern Canada at the beginning of January delayed and even canceled flights for many participants, resulting in travel times of as much as 50 hours, requiring exercise plan-

ners to adapt the sequence of events and personnel changes in order to insure that valuable training time was not lost.

"You are always considering weather when planning any Orca sail, but particularly so at this time of year," said lead planning officer Lt(N) Ron Clancy of HMCS *York*. "However, while we had several plans in place to mitigate inclement weather on the coast, including alongside training and alternative port visits, we did not expect to have so many people impacted by flight delays on their way here. It certainly called for some creative problem solving."

During week two, the ships were forced to seek shelter and go to anchor in Nanoose Bay as winds in the Strait of Georgia exceeded 30 Knots. Despite the foul weather, sailors participated in seamanship training and damage control exercises while waiting for the storm to pass.

During their down time, the sailors were able to enjoy some of British Columbia's port destinations including Nanaimo, Ganges Harbour, Gibson's Landing, and Vancouver.

The two-week Orca sail is the longest NRETS exercise of the NAVRES training calendar. The success of this exercise is a tribute to the dedication, ingenuity and hard work of our sailors from coast to coast.



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5 Cdn Div looks to capitalize on new training, equipment and benefits

By Ryan Melanson,
Trident Staff

The senior Army officer in Atlantic Canada identifies diversity, recruitment and retention as among the most important issues facing the organization today, and while recruitment targets for women and visible minorities will take hard work to meet, he says the CAF must remain committed.

"We all know that if we don't harness the best people, and keep the best people, we won't be the best. The best means we have to be diverse, and we're getting there, but we still have a long way to go," said BGen Derek Macaulay, CO of 5th Canadian Division, speaking to members of the Royal United Services Institute of Nova Scotia on January 10.

The Division is comprised of about 2,000 Regular Force and nearly 3,000 Reserve Force members spread out over 27 units and five bands in 30 different communities throughout New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador, along with the Canadian Combat Support Brigade in Kingston, Ontario, which is now under 5 Cdn Div command. Also included is the 5th Canadian Ranger Patrol Group in Newfoundland and Labrador, and about 1,000 civilian employees across the different units.

Since taking command of the division last spring, BGen Macaulay said he's learned retaining members is a challenge across 5 Cdn Div units. To be successful, the Army must be able to hold on to enough of its current soldiers while it brings in new blood, he said.

"That's going to become a problem in the near future. We need to figure out ways to keep our soldiers in."

He spoke about a number of potential solutions or recent changes that might encourage personnel to continue serving, including some that stem from Canada's new defence policy and an increased focus on the wellbeing of CAF members and their families. For part-time members, new summer employment opportunities can guarantee 12 weeks of full-time paid work through the first four years of service, and



BGen Derek Macaulay, CO of 5 Cdn Div, gave a presentation and took questions during a meeting of RUSI(NS) at Royal Artillery Park on January 10.

5 CDN DIV PA

yearly tuition reimbursements of \$2,000 are also available for soldiers pursuing post-secondary studies. BGen Macaulay said he's putting a focus on ensuring members are aware of these potential benefits and have access to any help needed to take advantage of them. Keeping civilian employers aware of the training and skills provided by the Army, and how they can be transferable to the workplace, can also help prevent potential reservists from having to choose between a civilian or military career, he said.

There also exists a propensity for Atlantic Canadians to want to stay close to home, and in a region where employment numbers sometime lag behind the rest of the country, that presents an opportunity to keep soldiers happy.

"If we can allow people to stay here, grow their families here, and retire here, we should be doing that," BGen Macaulay said.

New equipment and new roles for Army Reserve units should also help inject some excitement and morale into the Division. He stressed that the Army's new Tactical Armoured Patrol Vehicles are not strictly for

the Regular Force, and more than 100 of the 500 total new TAPVs will be allocated to Reserve units across the country. Another new piece of kit, the Boeing Insitu Blackjack UAV, is currently in the hands of 4 Regt (GS) and will eventually be integrated into other 5 Cdn Div units.

Newly assigned roles for the Army Reserve will soon see units focus on one of four specific taskings – direct fire support, mortars, pioneers, and light urban search and rescue. Those changes, along with the training and equipment that come with them, will begin this summer.

"Those units will get additional full-time soldiers posted in to develop those capabilities, and it means when the full-time force needs that capability, they're coming to those units to get it," BGen Macaulay said.

"The integration is exciting, and I think it's what our part-time units want."

But he still expects difficulties ahead in finding and retaining talent for 5 Cdn Div and the CAF as a whole, and said he and other senior leaders will continue to explore different ways to grow and diversify the ranks.

What's certain, he said, is that the part-time and full-time units under his command will remain operationally ready and committed to serving at home and abroad.

"Over these four provinces, we see a lot of men and women who give their heart and soul to this uniform and are very proud to wear the Canadian flag on their shoulder. The soldiers are in our communities, they're training, and they're ready."



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"Interactive, appealing and informative" are some of the terms used to describe HMCS Sackville's new website www.hmcssackville.ca created by Colour, an integrated and marketing agency specializing in digital and social media. The new website is designed to increase awareness, including the significance of Sackville; membership and support for the Second World War corvette that was designated Canada's Naval Memorial in 1985. To recognize the significant number of hours dedicated to the project by Colour staff beyond that agreed to in the website contract the board of directors of the volunteer Canadian Naval Memorial Trust (CNMT) that owns and operates Sackville awarded the Destroyer Class Supporter plaque to the Halifax agency. Colour's contribution to the project will be recognized on the donor recognition board in the ship. Cdr (ret'd) Wendall Brown (left), chair of the CNMT presents the plaque to Sarah Flynn, senior vice-president of Colour; Capt(N) (ret'd) John Pickford, a CNMT director and chair of the Trust's website working committee is at right.

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Volunteer Recognition Night

By Sarah-Jean Mannette,
Communications, H&R MFRC

Volunteers with the H&R MFRC and PSP Community Recreation enjoyed an evening of holiday-inspired fun. The annual Volunteer Recognition Event has been held for more than 16 years. This year's event was sponsored by CANEX. 100 volunteers and guests took over the elegantly decorated Neptune Theatre on Wednesday, December 13, 2017 to enjoy the theatre's holiday show, *It's a Wonderful Life*.

The evening featured a stage adaptation of an iconic film by the same name, in which a guardian angel reminds the lead character of all the good he has done, reminding him, and

everyone, that faith, hope and family make life wonderful.

The holiday-themed event was not overshadowed by the reason for the celebration. Shelley Hopkins, executive director at the H&R MFRC, expressed to volunteers how essential they are. "As a charity, the H&R MFRC relies heavily on volunteers to support us in all aspects of program and service delivery, including membership on the Board of Directors. We could not possibly offer the level and volume of program and services to families without volunteer support, for things like CO's Briefings, welcome calls, facilitating programs and running more than 20 special events a year such as Family Days, parades, Op We Care,

Réveillon, and our newest Holiday Breakfast event. I want to say a sincere thank you on behalf of the entire MFRC team. Volunteers give their time, something that is really precious in today's fast paced world, and the work they do to support military families is sincerely appreciated."

Volunteers are well known at the MFRC and PSP facilities, many of whom have been volunteering for over 15 years. Volunteers are military members, family members and those who have a passion for supporting military families.

This is CANEX's third year as the national sponsor for the event, which provides the H&R MFRC and PSP Community Recreation the opportunity to show their gratitude and thanks to the amazing contributions volunteers make throughout the year.

To show the value of volunteer time that is given to both organizations, a mock cheque was presented to Shelley Hopkins and Joni Sawler, PSP Manager, for \$217,500.00. This cheque reflects the dollar value of cumulative hours volunteers have donated in one year, a huge benefit for both organizations.

On behalf of the H&R MFRC and PSP Community Recreation, we sincerely thank everyone who made this evening such a success. Volunteers are vital to the work we do to support our military members and their families. Thank you to all the volunteers.



Special thanks to CANEX for sponsoring the Volunteer Recognition Event. Kathryn Chambers, Myrna Stewart and Shelley Hopkins accept the mock cheque showing the value of volunteer time that is given to H&R MFRC and PSP.

SUBMITTED

Soirée de reconnaissance des bénévoles

Par Sarah-Jean Mannette,
Communications, CRFM H et R

Les bénévoles du CRFM H et R et du PSP ont eu droit à une soirée fort amusante inspirée de la comédie *Week-end en famille*. Nous célébrons nos bénévoles depuis plus de seize ans et cette année, CANEX a parrainé l'activité qui a rassemblé plus de 100 bénévoles et leurs invités, au Neptune Theatre, mercredi, le 13 décembre 2017 afin de voir le spectacle *It's A Wonderful Life*.

La pièce de théâtre a comporté une adaptation scénique d'un film emblématique du même nom, dans lequel un ange gardien rappelle au personnage principal de tout le bien qu'il a fait, lui rappelant, et nous tous, que la foi, l'espérance et la famille rendent la vie merveilleuse.

Cette soirée était l'occasion idé-

ale pour Shelley Hopkins, directrice générale du CRFM H et R, d'exprimer aux bénévoles à quel point ils sont essentiels : « En tant qu'organisme de bienfaisance, le CRFM H et R s'appuie beaucoup sur les bénévoles pour nous soutenir dans tous les aspects de la prestation des programmes et des services, y compris l'adhésion au Conseil d'administration. Nous ne pouvions pas offrir le niveau et le volume de programmes et de services aux familles sans soutien bénévole, pour des choses comme les briefings du Commandant, les appels de bienvenue, la facilitation des programmes et l'exécution de plus de 20 événements spéciaux par an comme, les jours de famille, les parades, Op We Care, Réveillon, et notre nouveau déjeuner de vacances événement. Je tiens à vous remercier sincèrement au nom de toute l'équipe du CRFM. Les

bénévoles donnent leur temps, quelque chose qui est vraiment précieux dans le monde trépidant d'aujourd'hui, et le travail qu'ils font pour soutenir les familles militaires est sincèrement apprécié. »

Les bénévoles sont bien connus dans les installations du CRFM et de la PSP, dont beaucoup font du bénévolat depuis plus de 15 ans. Les bénévoles sont des militaires, des membres de la famille et ceux qui ont la passion de soutenir les familles militaires.

Ceci est la troisième année du CANEX à titre de commanditaire national pour cet événement qui permet aux Loisirs communautaires des PSP et au CRFM H et R d'exprimer leur gratitude et leur reconnaissance pour les fabuleuses contributions que font les bénévoles tout au long de l'année. Pour illustrer la valeur de cette contribution en temps des bénévoles, un faux chèque

de 217 500 \$ a été remis à Shelley Hopkins et Joni Sawler, directrice de PSP. Ce chèque représente la valeur cumulée de toutes les heures travaillées par les bénévoles en une année, un immense atout pour les deux organisations.

Au nom du CRFM H et R et des loisirs communautaires PSP, nous remercions sincèrement tous ceux et celles qui ont fait de cette soirée un succès. Le travail des bénévoles est indispensable au soutien de nos militaires et leurs familles.

Update on the Vacation Lottery Extravaganza / Mise à jour sur la loterie Extravaganza Vacances au soleil

We want to thank the loyal participants of the MFRC's annual Vacation Lottery Extravaganza fundraiser. For 14 years, you have purchased your lottery tickets to directly support military families, and we are so very appreciative.

This time of year you would typically see promotion of the Extravaganza; however, it has become quite

challenging to maintain interest and sales. For this reason, we have decided to take a break so that we can review the Extravaganza and gather feedback. We appreciate all the support the community has given to this campaign for the last 14 years. The fundraising dollars allowed us to provide respite and casual care programming, support

our emergency housing and emergency services when families found themselves in situations of exceptional circumstance.

As a charity, the H&R MFRC relies

on fundraising initiatives to offer much needed programs and services, so your support is essential and very much appreciated. Please stay tuned for more from your MFRC.

Vacation Lottery Extravaganza Winners for January / Gagnant de la loterie Extravaganza Vacances au soleil pour les mois de janvier

Congratulations to Cpl Andrew Noseworthy, 14 AMS, grand prizewinner of the H&R MFRC's Vacation Lottery Extravaganza for January.

Félicitations à Cpl Andrew Noseworthy, 14 AMS, grand gagnant du tirage de janvier de la loterie Extravaganza Vacances au soleil du CRFM H et R.



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Protect your mental health

By CMP

We all know that our work and our workplace can have an impact on our mental health and well-being.

Defence Team leadership has committed to building and sustaining a healthy, respectful and safe workplace, and to ensuring that the right programs and services are in place to improve the physical and mental health of all Defence Team members.

This commitment is more than just programs and services - the health and well-being of Defence Team members is a shared responsibility between the employee and the organization. Here are some resources to help

you, as an individual, to protect your mental health and well as to develop coping skills for mental health:

What can help protect your mental health?

Regardless of your age, you can have better mental health if you:

- eat a healthy diet, which supports a healthy body and brain
- are physically active, which reduces stress and helps with concentration
- get enough sleep, which makes you more alert and able to cope with stress

Certain life environments can also help protect your mental health.

These include:

- living in a safe community that is accepting, supportive and free of violence
- having healthy and supportive relationships, which help you form meaningful connections
<http://www.phac-aspc.gc.ca/sfv-avf/info/psr-relations-eng.php>
- living in housing that is clean and well maintained
- getting an education
- having a steady job

How can you develop coping skills for mental health?

Learning ways to cope with challenging life events can also help your over-

all mental health. By accessing counselling programs, classes or training that teach coping skills, you can learn how to deal with problems or transitions that come up in life, such as:

- moving to a new city
- changing schools
- starting a new job
- unemployment
- becoming a parent
- medical emergencies
- traumatic experience
- retiring
- death of a loved one

Learning coping skills early in life can help protect your mental health from childhood into adulthood.

Protéger votre santé mentale

Par CPM

Nous savons tous que notre travail et notre milieu de travail peuvent influencer sur notre santé mentale et notre bien-être.

Les dirigeants de l'Équipe de la Défense sont engagés à mettre en place et à conserver un milieu de travail sain, sécuritaire et propice au respect, ainsi qu'à garantir que les programmes et les services pertinents sont offerts pour améliorer la santé physique et mentale de tous les membres de l'Équipe de la Défense.

La portée de l'engagement va au-delà des programmes et des services; la santé et le bien-être des membres de l'Équipe de la Défense constituent une responsabilité commune des employés et de l'organisation. Voici des ressources pour vous aider, sur le plan personnel, à protéger votre santé mentale et à acquérir une capacité d'adaptation pour conserver une bonne santé mentale :

Quels facteurs peuvent contribuer à protéger votre santé mentale?

Peu importe votre âge, vous pouvez améliorer votre santé mentale en prenant les habitudes suivantes :

- adopter un régime alimentaire sain propice au bon fonctionnement du corps et du cerveau;

- faire de l'activité physique, ce qui diminue le niveau de stress et favorise la concentration;
- dormir suffisamment, ce qui vous rend plus alerte et plus à même de composer avec le stress.

Certaines situations de vie peuvent également contribuer à protéger votre santé mentale. Les voici :

- vivre dans un milieu sécuritaire, accueillant et exempt de violence;
- entretenir des relations saines, axées sur l'entraide, ce qui aide à développer des liens profonds;
- vivre dans un logement propre et bien entretenu;
- poursuivre des études;
- avoir un emploi stable.

Comment peut-on développer une capacité d'adaptation pour conserver une bonne santé mentale?

Apprendre des façons de composer avec des événements stressants de la vie peut aussi contribuer à votre santé mentale en général. En recourant à des programmes de consultation, des classes ou des formations qui vous montrent des capacités d'adaptation, vous pouvez apprendre comment affronter les problèmes et les transitions qui surviennent dans votre vie, par exemple :

- déménager dans une nouvelle ville;
- changer d'école;

- commencer un nouvel emploi;
- être sans emploi;
- devenir parent;
- composer avec des urgences médicales;
- vivre des expériences traumatisantes;

- partir à la retraite;
- composer avec la mort d'un être cher.

Acquérir des capacités d'adaptation tôt dans la vie peut vous aider à protéger votre santé mentale, de l'enfance à la vie adulte.



Fair winds and following seas

Three Sea Kings from 423 Squadron, 12 Wing Shearwater fly over Halifax Regional Municipality during their final operational flight, on January 26, 2018.

CPL JENNIFER CHIASSON, 12 WING IMAGING



**A HUGE
THANK YOU TO ALL
OUR MILITARY MEN AND WOMEN,
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**BRENDAN
MAGUIRE**
MLA, HALIFAX ATLANTIC

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DND psychologists serving CAF members

By **Chimène Jewer**,
M.Sc., R.Psych, CF H Svcs C (A)

February is National Psychology Month, a great opportunity to highlight the role and contributions of DND psychologists serving CAF members in MARLANT as well as those in the civilian community.

According to the Canadian Psychological Association (CPA), a psychologist “studies how we think, feel and behave from a scientific viewpoint and applies this knowledge to help people understand, explain and change their behaviour.” (www.cpa.ca). Psychologists’ primary role is to provide assessment, consultation, and counselling/therapy services. They can diagnose and treat mental illness, and often work in collaboration with other members of the healthcare team such as psychiatrists, family physicians, mental health nurses, social workers, etc. Psychologists may specialize in certain areas; for example, mood disorders, anxiety disorders, personality disorders, eating disorders, addictions, developmental disorders, and posttraumatic stress disorder (PTSD). They work in clinical settings, research and/or education.

Psychologists have masters or doctorate level training. They have extensive training in the variety of empirical treatment methods they use, depending on the particular circumstances of the patient. Treatment is significantly more than just talk. For example, one method is specifically designed to assist patients to increase their motivation, another involves changing negative patterns of thinking and behaviour, and yet another involves changing behaviours to better match the patient’s values and beliefs.

Canadian Forces Health Services Centre (Atlantic) (CF H Svcs C (A)) employs nine psychologists in Mental Health Services. In general, CAF members in MARLANT have greater, timelier access to psychology services than the general civilian population. At a ratio of approximately one psychologist for approximately every 1100 members, MARLANT has nearly double the number of psychologists compared to what is available to the general civilian population of Nova Scotia. CAF members get relatively fast access to mental health. Wait times for CAF members to see psychologists are reasonable and much shorter than they are for the general civilian population.

Our psychologists work in three different Mental Health departments. There are three Psychologists currently working in General Mental Health Program (GMH), where the focus is on assessing and treating non-service related mental health conditions. We have two psychologists working in our Addiction Prevention and Treatment Program (APT) program, where the focus is on substance abuse and dependency and other addictions. And we have four psychologists in the Operational Trauma and Stress Support Centre (OTSSC), which focuses on service-



From left: Annie Boivin, M.Ps.; Mary McGrath, M.Sc.; Dr. Colin Perrier; Dr. Tina Oates-Johnson; Patricia Roache, M.Sc.; Dr. Krista Luedemann; and Chimène Jewer, MSc. Missing from the photo are Dr. Emily Orr and Susan Young, M.Ed.

related mental health conditions or Operational Stress Injuries (OSIs). For more information on Mental Health programs, consult CF H Svcs C (A), <http://halifax.mil.ca/cfhsvcsca/>.

Our Psychology Team is a diverse and well-trained team with extensive clinical experience. All of our psychologists have at least seven years of experience, several have 10 to 20 years of experience, and a few have 20 plus years of experience. Our psychologists all had experience working in the civilian healthcare sector, in a variety of inpatient and outpatient settings, before bringing this expertise to the CAF health services. Most of our psychologists have been serving the CAF for several years and have become quite familiar with the mental health needs of CAF members. Some of our psychologists have even spent the majority of their careers serving CAF members.

Our psychologists are well-trained to treat common presenting problems, such as: depression and anxiety; adjustment issues; work and relationship problems; personality disorders; trauma, etc. In addition, most have added areas of specialty where they have done extra work and/or research. For example, some of our psychologists have additional speciality training in: trauma; addictions; health psychology; forensic psychology; human sexuality; gerontology; eating disorders and body image dissatisfaction, and chronic pain. Several of our psychologists also have additional training in highly specialized treatment methods, such as Eye Movement Desensitization and Reprocessing (EMDR) therapy and Dialectical Behaviour Therapy (DBT).

All of our psychologists are registered with The Nova Scotia Board of Examiners in Psychology (NSBEP) www.nsbep.org, whose mandate is to protect the public by ensuring that providers are properly trained and qualified. For more information about psychologists, consult NSBEP, the Association of Psychologists of Nova Scotia (APNS) www.apns.ca and/or the Canadian Psychological Association (CPA) www.cpa.ca.

In the civilian community, the Association of Psychologists of Nova Scotia (APNS) will be sponsoring several presentations during Psychology Month. These are free to attend if members or others are interested.

Film Presentation: Stand By Me – February 24, 1:30 p.m., Halifax Central Library. Followed by panel discussion on peer relationships, coming of age, child social development.

Presentations

Central Library:

1. Tuesday, February 6 at 6:30 p.m.: Borderline Personality Disorder (Dr. Amber Fougere)
2. Tuesday, February 13 at 6:30 p.m.: Mindful self-compassion (Jackie Milner)
3. Tuesday, February 20 at 6:30 p.m.: ADHD Child/Adolescent (Dr. Kiran Pure)
4. Saturday, February 24 at 1:00 p.m.:

Stand By Me (Dr. Vicky Wolfe)

5. Tuesday, February 27 at 6:30 p.m.: Resilience (Dr. JO Durup)

Bedford Library:

1. Wednesday, February 21 at 7:00 p.m. - ADHD (Dr. Lindsay Bates)
2. Sunday, February 25 at 2:30 - 4:00 p.m. - Parent-Teen Communication (Dr. Ayala Gorodzinsky)

Kentville Library:

1. Tuesday, February 6, 6:30 p.m. - Understanding/Managing Stress in Children (Dr. Elaine Campbell)
2. Tuesday, February 13 at 6:30 p.m. - Understanding/Managing Trauma/PTSD (Dr. Eileen Donahoe)

Shelburne Library:

1. Thursday, February 8 at 6:30 p.m. - Self-care (Emily Atkinson)

Yarmouth Library:

1. Wednesday, February 28 at 12:00 p.m. - Parent/Child Relationship (Cornelia Melville)

For an up-to-date list of presentations in the community, visit www.apns.ca. For more information about psychology month, visit www.apns.ca or www.cpa.ca/psychologymonth/

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Brothers proud to represent Canada on different stages

By Darlene Blakeley,
Senior Editor and Writer,
Navy Public Affairs

One has dreams of a career as a naval officer, the other has dreams of Olympic gold.

Brothers Rene and Vincent De Haître represent Canada in their own unique ways, yet they also offer strong support to each other as they pursue their individual goals, even if they are a world apart.

Vincent, a world class long track speed skater, will compete in the PyeongChang Olympic Games next month in both the 1,500 and 1,000-metre races on February 13 and 23 respectively, and Rene hopes to graduate from the Canadian Forces Leadership and Recruit School in St. Jean, Quebec on February 22.

Being 15 time zones apart means they won't be able to support each other in person. Originally, the plan was for Rene to travel to South Korea to see his brother compete, but that was before he learned he would be going to St. Jean to prepare him for a career as a Naval Combat System Engineering Officer in the Royal Canadian Navy.

"The thought of joining the navy has always been on the table, but the real decision came in November 2016," Rene explains. "I have a passion for the naval world, especially shipbuilding. After a few years in the private sector, I felt as though I was in a rut just following the course without too much variation. I felt that it was the best time, being young and without too many responsibilities, to change paths and to serve in an environment that promotes cooperation and team work, as well as representing Canada and its interests at home and abroad."

Almost three years older than Vincent, Rene plans to watch his brother's second race live online. "I will be wearing the Team Canada plaid shirt," he says. "Additionally I believe a few of my platoon-mates will join me in supporting him. I will not be able to see his race on February 13 since I will be out on exercise in the field, but I will ask if it is possible to get an update from my instructors."

In turn, Vincent, who participated in the 2014 Sochi Olympics and now

holds 13 World Cup medals, is strongly supportive of his brother's career choice.

"I'm happy my brother has found a place he can pursue naval architecture," he says. "For as long as I can remember, my brother has always been building or planning to build things. Although we've taken very different paths, what we both have in common is that we weren't meant to have a desk job."

Vincent started skating at the age of five and never looked back. He joined the Gloucester, Ont., Concordes speed skating club and his on-ice success began when he won a silver medal in the 3,000-metre relay at the 2011 Canada Winter Games. He made his World Cup debut in 2013 and then qualified to compete for Canada at the 2014 Winter Olympics in Sochi, Russia, four years earlier than he had originally targeted. He went on to post a top 20 finish in the 1,000-metre in Sochi and was named Speed Skating Canada's Long Track Rising Star of the Year.

Vincent says that despite their hectic schedules, he and his brother have great respect for one another's goals and try to stay in touch when they can.

"We can go long periods of time without talking, but that is the cost of chasing your passion," he says. "We've spent the last decade in different cities and provinces, but don't let that distance fool you. We will always be there for each other."

It is also a demanding schedule for the boys' parents, Lucille and Denis, who try to divide and conquer in an effort to support both their sons. Both will be at Vincent's first race in PyeongChang, but Denis will return to Canada in time for Rene's graduation.

They couldn't be prouder of both boys and their achievements.

"As they were growing up they set individual goals, which we encouraged along the way," Lucille says. "Some goals were achieved, while others were learning experiences. To see both of them now achieving these major goals evokes a wave of emotions that culminate in tears of pride."

She adds that as the boys were growing up they always stressed "family first" and to always be there for one another.

"We are proud that they are pursuing these qualities and to know that even if they are separated by dis-

tance, they are only a phone call away if help is needed or they just need someone to talk to."

Whether it's the navy or the Olympics, the brothers see their career choices as an opportunity to reach beyond themselves and make Canada proud too.

"This country has given me so much, I just want to make it proud," says Vincent. "Our passion and work ethic is what makes us Canadian, and I can't wait to show that on the world stage."

Rene sees joining the navy as an opportunity to show an image of professionalism, fairness and knowledge.

"I also keep in mind that at the end of the day we are accountable to our fellow citizens," he says. "As such when I represent Canada I want to make them proud and demonstrate the best of Canada through the navy. In short, it means that when I am representing Canada, I am proud to have the responsibility, show strength and all the best attributes that make us who we are."

And even though they will be a world apart as they pursue their dreams in February, the brothers will always be rooting for each other.



Vincent, left, and Rene De Haître get ready to enjoy some extreme aviation in Las Vegas. Vincent (à gauche) et René De Haître, s'apprêtent à goûter aux joies de l'aviation extrême à Las Vegas.

SUBMITTED

Deux frères fiers de représenter le Canada sur différentes scènes

Par Darlene Blakeley,

Rédactrice en chef et journaliste, /
Direction des Affaires publiques de la
Marine National Defence

L'un rêve de faire carrière comme officier de la marine, l'autre, d'obtenir une médaille d'or olympique.

Les frères René et Vincent De Haître représentent le Canada chacun à leur manière, se soutenant mutuellement dans l'atteinte de leurs buts individuels même s'ils sont à des milliers de kilomètres l'un de l'autre.

Vincent, un patineur de vitesse sur longue piste de calibre mondial, participera aux épreuves du 1 500 et du 1 000 mètres les 13 et 23 février prochains, respectivement, dans le cadre des Jeux olympiques de 2018 à Pyeongchang, tandis que René espère obtenir son diplôme de l'École de leadership et de recrues des Forces canadiennes à Saint-Jean, au Québec, le 22 février.

Étant séparés par 15 fuseaux horaires, ils ne pourront pas se soutenir en personne. À l'origine, il était prévu que René se rendrait en Corée du Sud pour assister aux épreuves de son frère, mais c'était avant qu'il apprenne qu'il irait à Saint Jean pour se préparer en vue d'une carrière comme officier du génie des systèmes de combat naval dans la Marine royale canadienne.

« J'ai toujours eu envie de m'enrôler dans la Marine, mais ce n'est qu'en novembre 2016 que j'ai vraiment pris ma décision, » a expliqué René. « J'ai une passion pour l'univers naval, surtout la construction navale. Après des années passées dans le secteur privé, je sentais que ma vie n'allait nulle part et qu'elle suivait un cours un peu trop tranquille. Je sentais que c'était le moment ou jamais, étant jeune et sans trop de responsabilités, de changer de voie et de travailler dans un milieu axé sur la coopération et l'esprit d'équipe ainsi que de représenter le Canada et ses intérêts au pays comme à l'étranger. »

René, qui est près de trois ans plus vieux que Vincent, compte regarder



René De Haître

la deuxième épreuve de son frère en temps réel en ligne. « Je porterai la chemise à carreaux de l'Équipe Canada, » a-t-il affirmé. « De plus, je pense que quelques-uns de mes camarades de peloton se joindront à moi pour l'appuyer. Je ne pourrai pas regarder sa compétition du 13 février, car je serai en exercice sur le terrain, mais je vais demander si c'est possible d'obtenir les résultats auprès de mes instructeurs. »

Par ailleurs, Vincent, qui a participé aux Jeux olympiques de 2014 à Sochi et qui détient 13 médailles de la Coupe du monde, soutient fermement le choix de carrière de son frère.

« Je suis heureux que mon frère ait trouvé un endroit où il peut travailler en architecture navale, » a-t-il indiqué. « D'aussi loin que je me souviens, mon frère a toujours construit des choses ou planifié leur construction. Bien que nous ayons emprunté des parcours très différents, nous ne sommes pas faits pour le travail de bureau. »

Vincent a commencé à patiner à l'âge de cinq ans et il n'a jamais cessé depuis. Il s'est joint au club de patinage de vitesse des Concorde de Gloucester, en Ontario, et il a connu ses premiers succès sur la glace en remportant la médaille d'argent au relais 3 000 mètres lors



Vincent De Haître

des Jeux d'hiver du Canada de 2011. Il a fait ses débuts à la Coupe du monde en 2013, puis s'est qualifié pour représenter le Canada aux Jeux olympiques de 2014 à Sochi, en Russie, quatre ans plus tôt que son but initial. Il a terminé parmi les 20 premiers au 1 000 mètres à Sochi et a reçu le prix Étoile montante de l'année en patinage de vitesse longue piste remis par Patinage de vitesse Canada.

Vincent a affirmé que malgré leurs horaires surchargés, lui et son frère ont un grand respect pour leurs buts respectifs et ils essaient de rester en contact.

« Nous pouvons passer de longues périodes sans nous parler, mais c'est le prix à payer pour vivre notre passion, » a-t-il indiqué. « Nous avons passé les dix dernières années dans différentes villes et provinces, mais la distance ne nous empêchera jamais d'être là l'un pour l'autre. »

Cet horaire est également exigeant pour leurs parents, Lucille et Denis, qui s'efforcent de diviser leurs garçons. Les deux assisteront à la première épreuve de Vincent à Pyeongchang, mais Denis sera de retour au Canada à temps pour la cérémonie de remise des diplômes de René.

Ils sont très fiers de leurs fils et de

leurs réalisations.

« Au fur et à mesure qu'ils grandissaient, ils se sont fixé des objectifs individuels, et nous les avons encouragés en cours de route, » a affirmé Lucille. « Ils ont atteint certains de leurs buts, tandis que d'autres expériences leur ont permis d'apprendre. Les voir atteindre ces objectifs importants suscite en nous beaucoup d'émotions et de larmes de fierté. »

Elle ajoute que lorsque ses garçons étaient enfants, ils ont toujours accordé une grande importance à la famille et à l'entraide.

« Nous sommes fiers qu'ils valorisent ces qualités et de savoir que même s'ils sont séparés par la distance, un simple coup de fil suffit s'ils ont besoin d'aide ou de parler à quelqu'un. »

Que ce soit la Marine ou les Jeux olympiques, les frères voient leurs choix de carrière comme une occasion de se dépasser tout en faisant honneur au Canada.

« Ce pays m'a tant offert, je veux simplement que mes concitoyens soient fiers de moi, » a affirmé Vincent. « Notre passion et notre éthique de travail font partie de notre identité canadienne et j'ai très hâte de les montrer sur la scène mondiale. »

René voit son enrôlement dans la Marine comme une occasion de démontrer son professionnalisme, son équité et ses connaissances.

« Je n'oublie pas également qu'au bout du compte, nous sommes responsables devant nos concitoyens, » a-t-il dit. « Aussi, quand je représente le Canada, je veux qu'ils soient fiers de mes réalisations et montrer ce que le Canada a de meilleur à offrir grâce mon emploi dans la Marine. En bref, cela signifie que lorsque je représente le Canada, je suis fier d'avoir la responsabilité de montrer notre force et toutes les belles caractéristiques qui définissent notre identité. »

Et même s'ils seront séparés par des milliers de kilomètres en février, chacun à la poursuite de leurs rêves, ils seront toujours là pour s'encourager.

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MONEY MATTERS

REER – Vous pensez que ce n'est pas pour vous?

Par Joyce Sharp,
Gestionnaire des communications et
du marketing, Services commerciaux,
SISIP

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fectuer votre cotisation au plus tard
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cotisation à un REER inutilisés après
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verser votre cotisation maximale cette
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naître ce montant, consultez la sec-
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MONEY MATTERS

New income tax changes for your 2017 returns

(NC) With the income tax deadline approaching, there are some significant changes that have rolled out this year that will affect many Canadians. Here are some that can help make filing quicker and easier.

Public transit reimbursement. Early last year, the government

announced the elimination of the public transit reimbursement, citing the credit wasn't effective enough in encouraging the use of public transportation and reducing greenhouse gas emissions.

Instead of the individual tax credit, the federal government has

announced that it will invest \$20 billion over the next 11 years to improve transit across the country.

"Though the credit ended mid-year, you can still claim a 15 per cent non-refundable tax credit for transit passes purchased between January 1 and June 30 on your 2017 income tax and benefit return," says Lisa Gittens, senior tax professional at H&R Block.

Children's activities. The Children's Arts and Fitness tax credits, including the special supplement for disabled children, will no longer be available. In previous years, parents and guardians were able to receive credits for such activities as art classes, piano lessons, hockey and soccer.

Small business. Good news for small business owners – the government is moving forward with a plan to lower small business taxes from the current 10.5 per cent to 9 per cent.

Military credit. In recognition of the commitment and sacrifice

members of the CAF make, it was announced that military salaries of all deployed personnel would be exempt from federal income taxes.

Education. Back in 2016, the federal government eliminated the federal education and textbook tax credits, to come into effect January 1, 2017. This means 2016 was the last year students were able to make these claims.

"The silver lining here is that the carry-forward rules apply, so any unused education tax credits that arose prior to 2017 are still available to be claimed either this year or subsequent years moving forward," explains Gittens. Depending on where you live, you may also still be able to claim a provincial credit.

If you have questions about changes to tax laws, contact a local tax expert like those at H&R Block to ensure you're getting the greatest return possible.

www.newscanada.com

RRSP – Think it's not for you?

By Joyce Sharp,
Communications and Marketing Manager, Commercial Services, SISIP

We beg to differ. Actually, even if you have a CAF pension plan or belong to any pension plan for that matter, there are still many reasons why you should consider contributing to a Registered Retirement Savings Plan (RRSP). Besides the fact that it is an easy way to start saving, here are more reasons to contribute:

1. Building up that nest egg can supplement your retirement income;
2. Contributions are tax deductible;
3. Savings grow tax free;
4. A spousal RRSP can reduce your combined tax burden; and
5. You can borrow from your RRSP to buy your first home under the Home Buyers' Plan (up to \$25,000) or pay for you or your spouse's education (up to \$20,000) under the Lifelong Learning Plan.

You can contribute up to 18% of your earned income from the previous year. This contribution amount will then be deducted from that income at tax time. For 2017 taxes, that means you have to contribute by March 1, 2018 to a contri-

bution limit of \$26,010. RRSP contribution room accumulated after 1990 can be carried forward to another year. If you aren't able to top up your RRSP contribution this year, you are allowed to make up the difference in a later year. To know this amount, refer to the "RRSP Deduction Limit Statement" section of the notice of assessment sent each year by Canada Revenue Agency. You may also want to check out the RRSP calculator at bit.ly/SISIPRRSP.

And forget about the myth that you need to have a lot of money to contribute to an RRSP, because for as little as \$25 per pay, SISIP Financial can also set you up with Simple Savings Solutions, under their CAF Savings Plans. A quick and easy way to contribute to an RRSP and/or a TFSA.

There is no such thing as saving too much. Find out the reasons why you should consider contributing to an RRSP by talking to your local SISIP Financial advisor; they have the necessary tools and resources, as well as knowledge of CAF pensions and pay systems.

Make an appointment at SISIP.com.

This article is intended for general information purposes.

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Maj Scantland, WO Thibeault, MCpl Bottrill, MS Foster, Daisy Cobden and an IWK co-worker; WO Fisher; Lt(N) Wood, CPO2 Thibert admire toys donated from Trinity personnel to the IWK.

SUBMITTED

Trinity Teddy Bear Ride 2017

By WO Steve Thibeault,
Trinity

For the last few years, Trinity has been holding an annual motorcycle ride in support of the National Defence Workplace Charitable Campaign (NDWCC). The event gathers all unit motorcycle enthusiasts, their families and friends on a 300 km ride, fostering esprit de corps and providing an excellent occasion to raise money for the campaign. This year, the unit held the ride on October 20, 2017, in support to the IWK through the NDWCC. The added caveat was that riders were, in addition to their donation, to donate a toy or a stuffed animal to the Child Life Services for the kids in long term care at the IWK. A collection box was set up in Trinity's main lobby where anyone, rider or not, could drop off toys for the ride.

The ride itself saw a group of seven riders take off from Trinity on that Friday morning. Temperature was ideal and the sun was blazing, blessing us with a perfect riding day that took us to Windsor, Chester,

Peggy's Cove and finally back in Halifax where we completed the ride at the IWK. An eclectic bunch, our rank included Rocket Man, Scooter and Batman, whose bike definitely turned heads, causing a 4.5 Richter scale earthquake pulling into the IWK entrance. The ride went on seamlessly and, thank God for technology. After a quick pit stop at a gas station, the question was, "How far are we from Windsor?" I pulled out my trusty cellphone and said, "We are about 5 km from there." There I was told to turn around, as behind me, 50 feet away was a road sign saying, Windsor 5 kilometres.

On completion of the ride, we were greeted by the personnel of the IWK to whom we presented the toys. In total \$210.00 was raised by the event and more than 30 toys of all kinds and gift cards were donated.

A small debut for this event, its success was noticeable. Trinity intends to hold the event again next year, extending the invitation to other units riders. Until then, stay safe, looking forward to the 2018 riding season.

NORAD & NORTHCOM hold Academic Symposium 2017

By Lt(N) Marco Chouinard,
NORAD and USNORTHCOM Public Affairs

The North American Aerospace Defense Command (NORAD) and United States Northern Command (USNORTHCOM) hosted its second annual two-day Academic Symposium December 4-5 in Colorado Springs, Colo.

More than 80 participants took part in the event, sponsored in conjunction with the Canadian Defence Engagement Program and the Royal Military College of Canada.

This year's attendees said they felt fortunate to have the reflections and insights of senior leaders and mentors that included the Commander of NORAD and USNORTHCOM, Gen Lori Robinson; the Deputy Commander of NORAD, LGen Pierre St-Amand; former NORAD & USNORTHCOM Commanders, Gen (ret'd) Charles Jacoby and Gen (ret'd) Gene Renuart; former Chief of Defence Staff, Gen (ret'd) Tom Lawson; and LGen (ret'd) Stuart Beare, former commander of Canadian Joint Operations Command.

The event engaged a new generation of Canadian and American scholars to deliberate academically with their uniformed counterparts over matters such as the nuances of Canadian and U.S. defense relations, defense policy, and NORAD's functions and future transformation.

"While challenging us through the lens of academia....the academic community can help educate the public, through sessions like this, on the importance the role that NORAD & USNORTHCOM play in the defense of North America," said LGen Reynold Hoover, deputy commander of USNORTHCOM, summarizing the day's

events during an open question period involving NORAD & NORTHCOM senior leadership.

During panel-group discussions the symposium focused deliberations on the future evolution of NORAD, U.S. and Canadian defense policy, new national and international security threats to North America, and the tri-lateral relationship between Canada, the United States, and Mexico.

As Cmdre Angus Topshee, NORAD & NORTHCOM deputy director of strategy, policy and plans stated, "I thought that the Academic Symposium was an excellent opportunity to interact with academics who bring a different perspective to the issues we face today. Establishing closer links with the academic community is essential to building the knowledge that we will need, inside DND/government and in the broader public, to confront the complex security situation of the 21st century."

Dr. Kathryn Fisher, associate professor of International Security Studies at the National Defense University, concluded that "to bridge the theoretical and practical application, there was great value in bringing together practitioners and researchers to discuss issues of transformation and the future evolution of NORAD...a great success."

NORAD is the bi-national Canadian and American command that provides aerospace warning, aerospace control and maritime warning for Canada and the United States. The command has three subordinate regional headquarters: the Alaskan NORAD Region at Joint Base Elmendorf-Richardson, Alaska; the Canadian NORAD Region at Canadian Forces Base Winnipeg, Manitoba; and the Continental NORAD Region at Tyndall Air Force Base, Florida.



LGen Pierre St-Amand (left), Deputy Commander, North American Aerospace Defense Command; Gen Lori J. Robinson, Commander, NORAD and USNORTHCOM; and LGen Reynold N. Hoover, Deputy Commander USNORTHCOM, address the NORAD and USNORTHCOM Academic Symposium attendees in Colorado Springs, Colorado.

TSgt Joe Laws, USAF, NORAD and USNORTHCOM PA

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145029

Twin sisters follow similar paths through RCN career

By Ryan Melanson,
Trident Staff

If you come to HMC Dockyard in Halifax looking for a naval officer named Lt(N) Murray, you're going to need to be very specific. Even if you know she's the Executive Officer of a Kingston-class ship, you'll still need more details.

That's because Lt(N) Andrea Murray, XO of HMCS *Kingston*, and Lt(N) Stephenie Murray, XO of HMCS *Gloucester Bay*, are twin sisters, which is often news even to their dockyard colleagues. The two aren't identical twins, but the similarities while in uniform are close enough to create some confusion.

"There's a harbour pilot we've been working with for a decade who just recently realized we weren't the same person, so we had to let him know. That happens all the time. We also get mistaken for each other on a daily basis," said Andrea Murray.

The two sisters have been members of the RCN since 2005, and starting with Basic Training, which they completed together; their careers have progressed in lockstep with each other.

"We've actually done basically all our positions at the same time. We were Operations Officers together, we were Deck Officers, and now we're both XOs," Andrea said.

Her sister added that growing up, their parents worked hard to ensure they led independent lives, enrolling the sisters in different classes at school or signing them up for different sports teams and activities.

"And now here we are doing the same job, in the same place, in the same uniform," she joked.

The Murrys come from a family with lots of military service history, and spent most of their childhood and high school years near 17 Wing Winnipeg. Like so many military children before them, they were adamantly against joining the CAF as they grew up, but once their dad, a recruiter in the RCAF, convinced them to give the Naval Reserve a try, things quickly changed.

"We ended up really enjoying it," Stephenie said.

"We made great friends right from the start at Basic, and then we started sailing and the Navy kept taking us to new and exciting places, so we never left," her sister added.

So far, that list of places includes sailing to Bahrain, West Africa, Hawaii, up and down the Eastern Seaboard, Alaska, Canada's North, and more.

"The Navy's taken me to places I never even knew I wanted to go," Andrea said, recalling the serene beauty

of the Arctic in particular.

"That's been one of the most exciting aspects."

The sisters have also both just transferred to the Regular Force after more than a decade as Naval Reservists, following the lead of many in the MCDV community who've made the switch recently as part of the Navy's "Big Idea" initiative to expedite the transition of experienced Reserve sailors.

"After 10 years of loving the job, it seemed like the right time," Andrea said, mentioning the extra opportunities for Reg Force members and doors that could be opened as their careers continue.

But the immediate next career step, at least for Andrea, is a deployment to West Africa, which will see *Kingston* and *Summerside* participate in the U.S.-led Obengame Express exercise while also visiting communities and training with the Navies and Coast Guards of different countries in the region.

The sisters may be splitting up for three months, but with Stephenie having completed a similar deployment in 2017, lots of tips and pieces of advice were shared during the run-up to the ships' departure on January 26. It also helped to have a sister nearby during the hectic pre-deployment period, like recently when crates of food arrived at *Kingston* at a moment when free hands were lacking.

"The next thing I know, Stephenie's people were all on board loading things into our fridge, which was a lifesaver," Andrea said.

"It's been huge for us to have that person nearby that you can go to for some help or support."

They're not entirely opposed to the idea of eventually being posted to separate coasts or having their careers move in different directions, and say it's more by chance than design that their progression has been so closely aligned thus far. That being said, both agree that having the sibling connection has enriched their first decade of service, whether it's playing practical jokes on shipmates, using DWAN email to keep in touch while at sea, or just sharing the day-to-day challenges that come with being a young officer.

With all the support, however, also comes the regular squabbles and bits of sibling rivalry.

"We can certainly drive each other nuts. I call her my best friend and my worst enemy," Andrea said with a laugh.

"And I can't wait until I get Captain of a ship before she does."



Lt(N) Stephenie Murray, left, and Lt(N) Andrea Murray, are twin sisters in the RCN who are both currently Executive Officers on Kingston-class ships.

MONA GHIZ, MARLANT PA

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145037

2018 Marine Technician Selection Boards reflect balanced representation

By Cdr Luc Tremblay,
D Nav P & T

To prepare the Royal Canadian Navy (RCN) for the future fleet, and based on the results of a comprehensive Occupational Analysis, the Marine Technician (Mar Tech) occupation was stood up on July 1, 2017. Mar Tech is composed of sailors from four legacy trades: Marine Engineer (Mar Eng), Electrical Technician (E Tech), Hull Technician (H Tech) and the Naval Reserve's Marine Engineering Systems Operator (MESO).

In order to address concerns regarding career progression within this newly established occupation, an in-depth review of Selection Board processes and Scoring Criteria (SCRIT) was conducted by both Director Military Career 2 and Director Naval Personnel and Training. The aim was to ensure that Selection Boards would be conducted in a fair and transparent manner, and to ensure that a balanced representation of competitive candidates from each of the legacy occupations was presented. The results of this review were briefed to Vice-Admiral Ron Lloyd, Commander RCN, prior to the start of the 2018 Selection Boards.

The Regular Force Selection Boards for the newly formed Mar Tech occupation were held in October 2017. The membership for each ranked Selection Board included a member from the legacy occupations (Mar Eng, H Tech and E Tech); separately, Naval Reserve Mar Tech Selection Boards were conducted using MESO legacy criteria. Before each Selection Board, the Board membership – which was comprised of individuals with previous Selection Board experience – were briefed on a range of potential issues that could present as they conducted a single Mar Tech Board with files created from legacy occupations.

The Mar Tech SCRIT was devised simply to assess the Personnel Evaluation Report (PER) as presented. The Selection Board members were guided by the strength of the scores and comments in support of those values in determining the scores to assign

in the file assessment. The direction to the Board was to score the PERs at face value in how the performance/potential related to the standard for the rank in each legacy occupation. If at any time there was uncertainty with regard to an individual's file, the Selection Board members were prepared to err in favour of the member.

The SCRIT was "occupation blind" to ensure that promotions would not unfairly favour any one legacy occupation over the others. In addition, all fully qualified personnel in each rank level received the same points for said legacy qualifications, ensuring fairness across the legacy occupations.

VAdm Lloyd noted there has been, understandably, some apprehension and concern from those affected by the creation of this new occupation. "Following a detailed briefing of the results from the Director Naval Personnel and Training on 15 December, I am confident in stating that the 2018 Selection Boards were conducted in an absolutely unbiased manner and that the promotions for 2018 reflect representation from all four legacy occupations," he said. "The Selection Board results, which will be briefed at the Career and Occupation Management visits in Halifax and Esquimalt, will show that there was fair and balanced representation of each legacy occupation at all rank levels for the 2018 promotion year."

Fair and adequate representation for the sailors of the legacy occupations that now compose the newly-created Mar Tech occupation was required to maintain the health of this occupation and to allow the RCN's technical trades to continue to function efficiently and maintain fleet output and readiness. Overall, the Mar Tech Selection Board results reflect a similar number of promotions (combined) to those of 2016 and 2017 in each of the legacy occupations, at each rank. Accordingly, no one has been privileged in their evaluations.

"I am pleased that the measures put in place ensured that no one was disadvantaged during the Selection Board process," stated VAdm Lloyd.

Les comités de sélection des techniciens de marine assurent une représentation équilibrée en 2018

Par le capitaine de frégate
Luc Tremblay,
DPIM

Afin de préparer la Marine royale canadienne (MRC) en vue de la flotte future et en s'appuyant sur les résultats d'une analyse de professions détaillée, on a mis en place le GPM des techniciens de marine (TECH MAR) le 1er juillet 2017. Ce GPM est composé de marins venant des quatre anciens GPM suivants : mécanicien de marine (MEC MAR), électro-technicien (ÉlectroTec), technicien de coque (Tec Coque) et opérateur de systèmes de mécanique navale (OSMN) de la Réserve navale.

En vue de répondre aux préoccupations exprimées concernant l'avancement professionnel au sein du nouveau GPM, les organisations du directeur – Carrières militaires et du directeur – Personnel et instruction de la Marine ont entrepris un examen approfondi des processus et des critères de notation des comités de sélection. Cet examen visait à garantir l'équité et la transparence des évaluations des comités de sélection et à veiller à une représentation équilibrée des candidats venant de chacun des anciens GPM. Les résultats de cet examen ont été présentés au vice-amiral Ron Lloyd, commandant de la MRC, avant la tenue des réunions des comités de sélection en 2018.

Les comités de sélection du nouveau GPM des TECH MAR de la Force régulière se sont réunis en octobre 2017. Chacun d'eux comptait un membre des anciens GPM (MEC MAR, Tec Coque et ÉlectroTec); quant aux comités de sélection des TECH MAR de la Réserve navale, ceux-ci ont utilisé les critères de l'ancien GPM des OSMN. Avant chaque réunion, les comités, qui comptaient des membres ayant déjà collaboré à ce processus, ont été informés des problèmes qu'ils pourraient avoir en raison du fait qu'ils procédaient à l'évaluation d'un seul GPM (TECH MAR) composé de candidats venant de quatre anciens GPM.

Les critères de notation des TECH MAR servent uniquement à évaluer les rapports d'appréciation du personnel (RAP) tels qu'ils sont présentés. Les membres des comités de sélection se sont servis des notes et des commentaires qui y figuraient pour déterminer la note à attribuer à chaque dossier. Les comités ont reçu instruction de noter

les RAP en se fiant sur les renseignements qui y sont fournis, c'est-à-dire sur la manière dont le rendement et le potentiel sont évalués par rapport à la norme pour le grade dans chacun des anciens GPM. Si, à un moment donné, il y avait des incertitudes quant à un dossier, les membres du comité de sélection étaient prêts à se prononcer en faveur du militaire.

Dans l'établissement des critères de notation, on n'a pas tenu compte des GPM pour ne pas favoriser injustement un ancien GPM au détriment des autres pour ce qui est des promotions. De plus, tous les militaires entièrement qualifiés dans chaque grade ont reçu les mêmes points sur les anciennes qualifications, pour assurer l'équité dans tous les anciens GPM.

Le vice-amiral Lloyd a remarqué une certaine appréhension et différentes préoccupations de la part des personnes touchées par la mise en place du nouveau GPM, ce qui est tout à fait compréhensible. « Après avoir reçu un compte rendu détaillé des résultats de la part du directeur – Personnel et instruction de la Marine, le 15 décembre, j'affirme sans hésiter que les réunions de 2018 des comités de sélection se sont déroulées de manière impartiale et que, sur le plan des promotions, les quatre anciens GPM étaient représentés », a-t-il souligné. « Les résultats obtenus par les comités de sélection, qui seront communiqués lors des visites des gestionnaires des carrières et des GPM à Halifax et à Esquimalt, montreront que chacun des anciens GPM a été représenté de manière équitable et équilibrée pour tous les grades pour l'année de promotion 2018. »

Une représentation équitable et adéquate des marins des anciens GPM qui composent désormais le nouveau GPM des TECH MAR était nécessaire pour que celui-ci demeure prospère, pour que les GPM techniques de la MRC continuent à être efficaces et pour qu'on évite de compromettre les résultats et la disponibilité opérationnels de la flotte. Dans l'ensemble, dans les résultats des comités de sélection des TECH MAR, le nombre de promotions (pour la somme des quatre GPM) est similaire à ceux de 2016 et de 2017 dans chacun des anciens GPM pour chaque grade. Par conséquent, personne n'a été privilégié dans son évaluation.

« Je suis heureux de constater que les mesures mises en place ont permis de s'assurer que le processus des comités de sélection n'a défavorisé personne », a déclaré le vice-amiral Lloyd.

PO2 Andrew Childs, a Marine Systems Engineer on-board Her Majesty's Canadian Ship (HMCS) FREDERICTON, machines new parts on the metal lathe during Exercise SPARTAN WARRIOR, October 30, 2016.

CPL TONY CHAND,
FIS HALIFAX





Sailors line the bow of HMCS Athabaskan during the ship's paying off ceremony on March 10, 2017

FIS HALIFAX

Contract awarded for disposal of former HMCS Athabaskan

By Ryan Melanson,
Trident Staff

A contract has been awarded for disposal work on the former HMCS *Athabaskan*, and the ship will soon be towed from HMC Dockyard to the Marine Recycling Corporation (MRC) facilities in Sydney, Nova Scotia for dismantling.

Public Services and Procurement Canada announced the contract, worth \$5.7 million, on January 18. Though MRC is headquartered in Port Colborne, Ontario, the entirety of the work, including demilitarization of equipment, remediation of hazardous waste and recycling of any remaining materials, will take place at the company's Cape Breton site.

In a news release, MPs from both Cape Breton and southern Ontario commented on the deal as good news for the marine industry and local economies, as the contract is expected to create about 30 new private sector job. The dismantling is expected to be completed by summer 2019.

"Our government is ensuring that these historically significant vessels are disposed of in an environmentally responsible manner, while creating jobs and bringing economic opportunities to communities across

Canada," added Public Services and Procurement Minister Carla Qualtrough.

HMCS *Athabaskan* was the last of the RCN's four Iroquois-class destroyers in service when it was officially paid off in March of 2017. The ships were constructed in the 1970s with highly advanced technologies at the time, including new sonar and infrared technologies and the ability to launch two maritime helicopters at once. Notable deployments for the ship included Op FRICTION in 1991 during the Gulf War, as well as relief work in the United States following Hurricane Katrina in 2005 and in Haiti after the country's devastating Earthquake in 2010.

"The former HMCS *Athabaskan* served Canadians and protected our waters with distinction for more than 44 years. I am grateful to all Royal Canadian Navy members and veterans who have served with honour and dignity aboard this ship throughout its long and storied history," said Defence Minister Harjit Sajjan in the news release.

The lack of destroyers in the fleet now creates a capability gap that for the Navy that will be restored with the construction of 15 Canadian Surface Combatants, with the first expected to be delivered in the mid-2020s.

Federal funding announced for repairs to HMCS Sackville

By Ryan Melanson,
Trident Staff

Canada's last Flower-class corvette is set to receive extensive repairs this summer, with the federal government announcing a contribution of up to \$3.5 million to the Canadian Naval Memorial Trust (CNMT) and HMCS *Sackville*.

The news was delivered by Treasury Board Secretary Scott Brison, on behalf of Defence Minister Harjit Sajjan, during a small ceremony at HMC Dockyard on January 26. Work on the ship will mainly be completed at Fleet Maintenance Facility Cape Scott, and the RCN will be responsible for managing the contribution agreement to cover the repair costs including labour, materials and subcontracting.

Brison spoke about the importance of maintaining the ship, which served during the Battle of the Atlantic and famously engaged three German U-boats in a 24-period during the summer of 1942. *Sackville* was designated Canada's Naval Memorial in 1985, and is berthed next to the Maritime Museum of the Atlantic during summer months, where it hosts tours and supports different naval and community functions.

"Being able to board a ship that actually served in these battles, and now exists as a living memorial and treasured museum, is very valuable. People walk along her decks, hold artifacts in their hands, and learn about an important chapter in Canadian history," said Brison, who was joined at the jetty by Dartmouth Cole Harbour MP Darren Fisher, members of the CNMT, RAdm Craig Baines, Command MARLANT and JTFA, and Capt(N) Stéphane Lafond, CO of FMF Cape Scott.

"But as a vessel commissioned in 1941, and one that served through fierce battles, she is weathered and she needs a lot of repair," he said, while crediting the work of the CNMT since 1983, along with the Navy, in keeping the ship maintained and open for visitors up until this point.

"HMCS *Sackville* gives veterans, their families, and the rest of us a place to pay tribute to those who fought for the freedoms we enjoy today. This an investment we are proud to make," he said.

Sackville is currently at its winter berth near Jetty NC at the dockyard, but tours and visits to the ship will now be discontinued while assessments begin ahead of the repair work.



Treasury Board of Canada President Scott Brison and Dartmouth-Cole Harbour MP Darren Fisher were joined by members of MARLANT and the Canadian Naval Memorial Trust on January 26 as they announced new federal funding for repairs to HMCS *Sackville*.

MONA GHIZ, MARLANT PA

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PCT System revamps AES Op Ab-initio Courses at 402 Sqn

By OCdt Kylie Penney,
112 CAD Public Affairs

In January 2018, a group of Airborne Electronic Sensor Operator (AES Op) students at 402 City of Winnipeg Squadron (402 Sqn) will be the first course to graduate having benefited from the newly installed Procedural Crew Trainer (PCT) System at the squadron.

Up until now, AES Ops were only able to complete approximately 40 percent of their Qualification Standard (QS) requirements at 402 Sqn, which meant the missing portion had to be covered on their subsequent operational training course at either 406 Sqn in Shearwater or at 404 Long Range Patrol and Training Sqn in Greenwood. With the new equipment up and running, 402 Sqn can now cover 97 percent of the AES Op QS, making the training more efficient, reducing training burden and time at the operational training units and making the new AES Ops more proficient at what they do.

The goal is for AES Ops to become comfortable and confident with basic procedures, skills and systems knowledge on their ab-initio training. By using the PCT, AES Ops can focus on more advanced techniques during their subsequent training.

The PCT is capable of emulating and simulating the following sensors and systems: Communications, Acoustics, Electro-Optics/Infrared (EO/IR), Imaging Radar System (IRS), Electronic Support Measures (ESM), and Magnetic Anomaly Detection (MAD). The PCT system, which came in under budget, also came with a Modular VME Acoustic Signal Processor (MVASP) system to teach Acoustics and a Tactics Procedure Trainer (TPT) to instruct Programmable Entry Panel (PEP) - a special type of key board - selections and locations to crewmembers.

"The PCT is beneficial because it is designed as a Part Task Trainer. When you combine other trades in and do a mission-type scenario like they do on the Operational Training Units (OTUs) and Maritime Operational Aircrew Training (MOAT) courses, it becomes hard to do individual core training," explained MWO Derek Inman, Senior AES Op Instructor at 402 Sqn. "In the PCT, students can concentrate an entire three-hour scenario on one topic such as Inverse Synthetic-Aperture Radar (ISAR). We can take 6 students into the PCT and have them operate each radar individually on different aircraft."

"It's totally up to the instructor



Instructor Sgt Spencer Cass shows two AES Op students, Cpl Matthew Denis and Cpl Connor Slaunwhite, how to use the newly installed PCT, at 402 Sqn, 17 Wing Winnipeg.

OCdt KYLIE PENNEY, 2 CAD PUBLIC AFFAIRS

how he sets up the exercise. The flexibility of the trainer allows us to teach one skill set to all of the students simultaneously before we move on to the next teaching point," said Inman.

The PCT is not only beneficial because it reduces the subsequent course time, but because it is more cost effective. The instructor, who monitors two students per station, is able to pause a scenario to explain a teaching point or even rewind and replay a scenario. In an aircraft, it would take substantial extra time and fuel to turn around and re-do the scenario, whereas on the PCT, the aircraft is repositioned by simply dragging it across the screen, and the scenario can be restarted within seconds.

With an assumption of 24 AES Op students a year, which is the regular course in-take, the total station use

will be 1008 hours, for that occupation alone. The Air Combat Systems Officers (ACSO), who currently cover two-thirds of their QS at 402 Sqn, are also working on incorporating PCT training into their ab-initio curriculum in order to increase their QS compliance training to over 80 percent.

When asked about the impact the PCT will have on an AES Op's career, MWO Inman explained that it has re-vitalized the training at 402 Sqn and has provided new motivation for future AES Ops to excel in the trade.

"The students like the idea of operating new modernized training systems. It is a big motivation for them. It's new, it's efficient, and it's what the operational units are using. Instructional staff at 404 Sqn have already noticed an increase in proficiency by the students who

tried the PCT during our validation in Greenwood. The OTU Sqn's will be able to get the students out to the line operational squadrons faster and send them on deployed operations sooner."

The PCT was procured by the RCAF for 402 Sqn as a quick way to bridge a gap in training deficiencies. However, the training now available has far exceeded expectations and the long-term benefits go way beyond the original plan as the PCT will now bridge until the implementation of the proposed Future Aircrew Training (FAcT) project and may even remain as a key training aid for FAcT. Regardless, in the near term, the PCT ensures that the future AES Ops of the RCAF will be better trained in less time and ready to stand on guard as operationally effective aircrew.

Opportunities in the new drafting and survey technician occupation

By Maj Jim Hutcheson,
D Air Pers Strat

A military occupation that has recently been re-established provides a great opportunity to employ highly technical skills that are applied both in the office and in the field, serving the CAF and other government departments anywhere in the world. This small but exclusive occupation is drafting and survey technician (DS tech), and we're looking for new members.

As part of the Military Engineering Branch, DS techs employ leading-edge electronic and satellite equipment to gather precise survey data. From this, they produce essential site plans, charts, architectural drawings and designs using the latest computer aided design (CAD) software. This capability is essential on permanent military facilities, during exercises, and across the full spectrum of deployed operations.

DS tech positions have been established at two Royal Canadian Air Force wings (4 Wing Cold Lake, Alberta, and 14 Wing Greenwood, Nova Scotia), at two Army bases (CF Bases Kingston, Ontario, and Gagetown, New Brunswick), and in Brussels, Belgium.

This occupation includes non-commissioned members from the rank of private/aviator to sergeant, after which DS techs may enter the construction engineer superintendent (CE supt) occupation.

The Canadian Forces School of Military Engineering (CFSME) at CFB Gagetown conducts the occupa-

tional qualification training – that is, the training that will qualify you as a DS tech – which includes the following topics:

- Planning and conducting land surveys;
- Mathematics related to survey;
- Data and material management;
- Auto CAD software;
- Producing civil designs;
- Producing building systems designs;
- Performing construction stakeouts;
- Producing as-built drawings;
- Construction engineering common tasks and safety.

Further specialty training may be offered through additional formal courses and on-the-job training. The skills and experience gained by DS techs are closely related to those in civilian technician and technologist positions in the fields of surveying, architectural drafting, and civil engineering.

No previous training or experience is required to apply, although Grade 11/Secondary 5 math is a prerequisite. For more information about the drafting and survey technician occupation, check out the information and the video on the recruiting website.

If you think a career in the CAF in this new occupation is the right one for you, visit your local recruiting office or the online recruiting website.

For personnel already serving in the CAF, your local personnel selection officer can provide additional details about the opportunities available in this unique and challenging occupation.



Mapping locations and distances, CAF drafting and survey technicians contribute to the creation of accurate and up-to-date electronic maps. En cartographiant les lieux et les distances, les techniciens en dessin et en arpentage des FAC contribuent à la création de cartes électroniques à jour et précises.

DND/MDN

Vous voulez devenir technicien en dessin et en arpentage?

Par le major Jim Hutcheson,
D Air Pers Strat

Un nouveau groupe professionnel militaire offre une belle possibilité de mettre à profit vos compétences hautement techniques tant au bureau que sur le terrain, au service des FAC et de ministères du gouvernement du Canada partout dans le monde. Il s'agit du groupe professionnel militaire, petit mais exceptionnel, de technicien en dessin et en arpentage (Tech DA) et nous souhaitons recruter des gens.

Les Tech DA, qui font partie de la Branche du génie, utilisent de l'équipement électronique et satellite de pointe pour recueillir des données d'arpentage précises. Grâce à ces données, et à l'aide des plus récents logiciels de conception assistée par ordinateur, ils produisent des plans de situation, des cartes ainsi que des conceptions architecturales et des dessins architecturaux essentiels. Cette capacité est primordiale dans les installations militaires permanentes, durant les exercices et dans le spectre complet des opérations de déploiement.

On a créé des postes de Tech DA dans deux escadres de l'Aviation royale canadienne (la 4e Escadre Cold Lake, en Alberta, et la 14e Escadre Greenwood, en Nouvelle-Écosse), dans deux bases de l'Armée canadienne (bases des FC Kingston, en Ontario, et Gagetown, au Nouveau-Brunswick) et à Bruxelles, en Belgique.

Ce groupe professionnel comprend des militaires du rang du grade de soldat et d'aviateur à sergent, après quoi les Tech DA peuvent aspirer au groupe professionnel de surintendant – Génie construction (voir le lien à droite).

L'École du génie militaire des Forces canadiennes, située à Gagetown, dirige l'instruction de qualification

professionnelle, c'est-à-dire la formation qui vous permettra d'apprendre le métier de Tech DA. Les sujets enseignés sont les suivants :

- planification et pratique de l'arpentage;
- mathématiques relatives à l'arpentage;
- gestion des données et du matériel;
- utilisation du logiciel AutoCAD;
- production de conceptions de génie civil;
- production de conceptions de systèmes de bâtiments;
- piquetage d'implantation;
- production de dessins d'après exécution;
- tâches courantes du génie construction et sécurité

Vous pouvez approfondir vos connaissances spécialisées en suivant d'autres cours officiels et une formation en cours d'emploi. Les compétences et l'expérience acquises par les Tech DA sont fort semblables à celles des technologues et techniciens civils dans les domaines de l'arpentage, du dessin architectural et du génie civil.

Pour postuler, vous n'avez besoin d'aucune formation ou expérience préalable, sinon qu'avoir réussi le cours de mathématiques de la 11e année ou du 5e secondaire. Pour en savoir plus au sujet du groupe professionnel de technicien en dessin et en arpentage, consultez le site Web du recrutement, où vous trouverez également une vidéo.

Si vous croyez qu'une carrière de Tech DA dans les FAC est toute désignée pour vous, rendez-vous à un bureau de recrutement ou consultez le site Web du recrutement.

Si vous faites déjà partie des FAC, communiquez avec un agent de sélection du personnel pour obtenir plus de renseignements sur les possibilités d'emploi dans ce groupe professionnel unique et stimulant.

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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

Women invited to regional basketball development camp

By Sara White,
Managing editor, The Aurora

Interest continues in building CAF women's basketball, with volunteers working now to schedule a development camp alongside the Atlantic Regional men's tournament in Halifax from February 20 to 23.

Capt Russ Payne organized the camp at 14 Wing Greenwood in 2017, as the base hosted the men's Atlantic finals. This was the second year for a women's program, which started in Gagetown in 2016. Capt Payne is leading the planning for this year's camp.

“Last year, it went really well – the girls said 10 times better and more valuable than the first year,” he says. “We had them in the gym twice a day, once with a guest coach and once doing game time development, where we’d play, stop and talk about what was unfolding, and then play on.”

Capt Payne had the help last year of Acadia University men's basketball coach Kevin Duffie and Mount St. Vincent University's women's coach, Mark Forward. Both return again this year at the Halifax camp, and Capt Payne hopes numbers will increase from 2017's 13 women.

“Ideally, we’d see this camp and



Capt Russ Payne, foreground, and Acadia University men's coach Kevin Duffie lead development drills at the 2017 women's regional development camp.

SARA WHITE, THE AURORA

player skills grow so we could put together a regional women's team, and maybe they could travel the same time as the annual CAF's national men's championship," Capt Payne says. "As far as I know, there's never been

a CAF national women's basketball program – but there could be.”

Women interested in the February development camp should contact their base sports coordinator by the second week of February. The

camp expenses and paperwork are covered by TD allocations. At 14 Wing Greenwood, interested women should contact Graham White, 902-765-1494 local 5753 or graham.white2@forces.gc.ca.

Winter Olympics sports trivia

**By Stephen Stone and
Tom Thomson**

Questions

- By Stephen Stone and Tom Thomson**
- Questions**
1. When and where were the first Winter Olympics held?
 2. How many sports were in competition at the first Winter Olympics?
 3. What were they?
 4. Who won the first gold medal in a Winter Olympics?
 5. Two winter sports were in competition at the 1920 Summer Olympics in Antwerp, Belgium. What were they?
 6. What remarkable situation did figure skater Gillis Grafstrom of Sweden and the Canadian ice hockey team find themselves in at the first Winter Olympics?
 7. The Military Patrol event was in competition as an official sport at the 1924 Games, then as a demonstration event at the Winter Olympics in 1928, 1936 and 1948. It was subsequently eliminated and then replaced by what event?
 8. Who was the first Olympic champion in biathlon?
 9. Who organized the opening and closing ceremonies for the 1960 Winter Olympics?
 10. Who won Canada's first individual gold medal at a Winter Olympics?
 11. Who won Canada's first gold medal in skiing at a Winter Olympics?
 12. Canada won one other gold medal in 1960. Who was it?
 13. Which host nations have failed to win gold in the Winter Olympics?
 14. Who won Canada's first gold medal in bobsleigh?
 15. This native son swept the men's alpine ski events in 1968 in Grenoble, France.
 16. Which member of the Canadian senate is a gold medal-winning Winter Olympian?
 17. What was Canada's poorest medal performance in Winter Olympic competition?
 18. Who are the only women to have won gold medals in figure skating in three successive Winter Olympics?
 19. Who is the only Winter Olympic gold medal winner from Timmins, Ontario?
 20. This Canadian speed skater won silver in 500 metres in 1976 in Innsbruck.
- Answers on page 22*



Super-Crossword

Answers on page 22



Members of the PPCLI and the R22eR play in the Imjin Classic Hockey games against a Korean team in Gapyeong, South Korea on January 19, 2018.

SUBMITTED

Canadian Army participates in Imjin Classic 2018 hockey game in the Republic of Korea

By DND

On January 19, 2018, representatives of two Canadian Army regiments, the Princess Patricia's Canadian Light Infantry (PPCLI) and the Royal 22e Régiment (R22eR), participated in a commemorative hockey game in the City of Paju in the Republic of Korea. The Imjin Classic 2018 was held to commemorate the 65th anniversary of the end of the Korean War and pay homage to the competitive spirit of the PyeongChang Winter Olympics.

The Imjin Classic 2018 was played at the Yulgok Wetland Park, near the original site of the original hockey games. It was organized by the Embassy of Korea in Canada and Paju City in partnership with the PyeongChang Organizing Committee for the 2018 Olympic and Paralympic Winter Games.

The game coincided with the passage of the XXIII Olympic Winter Games torch relay in Paju City. This leg of the relay featured Canada's Ambassador to Korea, Eric Walsh, and Canadian Korean War veteran, Col (ret'd) Charland as torch bearers.

Members of the PPCLI and R22eR were joined by Canadians living in the Republic of Korea and played as Team Canada in a friendly game against Team Korea, made up of players from Yonsei University and Korea University. Outdoors, in front of a lively crowd, Team Canada won the Imjin Cup.

The Imjin Classic hockey game,

an annual tradition in Canada since 2013, is inspired by the games played on the frozen Imjin River in 1952 and 1953 between the PPCLI and R22eR during the Korean War. In attendance as special guests were Canadian Korean War veterans LCol (ret'd) John Bishop, Col (ret'd) Claude Charland and Sgt (ret'd) Dennis Moore. Both Col (ret'd) Charland (Vandoos) and Sgt (ret'd) Moore (PPCLI) played in the original inter-regiment series on the Imjin River.

"I am honoured to represent Canada at this event in the Republic of Korea, this is more than just a game; it commemorates the strong relationship between the two nations. My teammates and I are proud to carry on the legacy of our predecessors who played hockey here more than 60 years ago on the frozen Imjin River," said Maj Bryan L. Ouellet, Royal 22e Régiment.

"The timing and location of this game could not be better. 2018 marks the 65th anniversary of the Korean War armistice, and we are set to celebrate the PyeongChang Olympic and Paralympic Winter Games. Holding this event in the Republic of Korea, near the site of the actual historic games, is a great way to remember those who served Canada so well in the Korean conflict," said Eric Walsh, Canadian Ambassador to Korea.

This year's event was held to commemorate the 65th anniversary of the end of the Korean War. Canada

joined the United Nations (UN) in its military response to the North Korean invasion of South Korea on June 25, 1950. More than 26,000 Canadians served in the war and 516 service members were killed in action, including during the major engagement of the Battle of Kapyong. On July 27, 1953, the UN and North Korea signed a ceasefire, putting an end to the fighting.

After 2013 was designated as the Year of the Korean War Veteran, the first annual Imjin Classic hockey game was held on the Rideau Canal in Ottawa that same year to mark the 60th anniversary

of the Korean War armistice.

In 1998, a group of Canadians living and working in the Republic of Korea established the Imjin River Memorial Tournament, an annual hockey tournament commemorating the games played by the PPCLI and R22eR during the Korean War.

In more than 100 years of service, the PPCLI and R22eR have served Canadians at home and abroad, often side by side, and today they carried on the legacy of their predecessors on the ice at the Imjin Hockey Classic.

The final score was 7-1, with Team Canada victorious.

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Capt Zach Zeiler, far left, gets ready to hit the water during the first day of competition on December 12.

CISM

Local swimmers represent CAF at CISM World Championship

By Ryan Melanson, Trident Staff

Halifax and the Atlantic region were well represented recently when a team of CAF swimmers travelled to Brazil to compete against some of the world's top military athletes. The 49th CISM World Military Swimming Championship was held from December 12-15 in Rio de Janeiro, bringing 131 athletes from 12 countries together at facilities built for the Rio 2016 Olympic Games. Athletes representing Canada, Germany, Brazil, France, India, Iraq, Luxembourg, Poland, Russia, Sri Lanka, Switzerland and Ukraine all participated. The event was organized by the Brazilian Ministries of Defense and Sports in conjunction with the Brazilian Military Sport Commission, and is considered a warm-up event for elite military swimmers ahead of the 7th Military World Games, which are set for October 2019 in China. For a select few, the competition was also part of training for the 2020 Summer Olympics in Tokyo; former Olympic competitors Anton Chupkov of Russia, Marc-Antoine Olivier of France, and Brazilians Etienne Medeiros and João Luiz Gomes were on hand. The CAF team was composed of Capt Zach Keiler, a dental officer with 1 Dental Unit Detachment in Halifax, Lt(N) Emily Wood, a Deck Officer at HMCS Scotian, PO2 Doug Young of FDU(A), Capt Stephanie Dennis, formerly of Halifax but currently posted to CFC Toronto, LS Marlee Palmer, RMS Clerk at HMCS Tecumseh in Calgary, Avr Sandy Mclean and MCpl Jim Kelly, both from 14 Wing Greenwood, Capt Jacinda Smith of 19 Wing Comox, and Capt Majed Piedra Abu Sharar, project officer with ADM(Mat) in Quebec. Results include Capt Dennis: 5th place 200m butterfly – 02:31:59, 7th place 100m butterfly – 1:07:01. Avr Mclean: 6th place 200m breaststroke – 2:58:12. Capt Smith: 7th place 200m medley 2:38:44. LS Palmer: 8th place 200m medley: 2:40:20. Capt Zeiler: 8th place 200m backstroke: 02:27:67.

COTW STANDINGS 2017/2018											
COTW Units	Craig Blake	RUN	VB	Curling	Hockey	Bowl	FlHockey	Bball	Slo-Pitch	Golf	POINTS
CAMPUS	40	75	105	50							270
CFMWC / FMFCS	60	50	50	80							240
BADM / MP / TRIN	75	10	30	40							155
BIS / MAR	10	20	20	0							50
5 Cdn Div / Hlth SVCS	20	30	0	0							50
BLOG/ RPOU(A)	30	0	0	0							30
											PLACE
											1st
											2nd
											3rd
											4th
											5th
											6th

Fitness and sports updates

By Trident Staff

COTW/COTF Hockey are scheduled for February 26-March 2 and March 26-30, respectively. Mega or individual competitions will be determined based on total teams entered. Dates are TBC. More info to follow.

Female hockey players wanted. All skill levels 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

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

Winter Olympics sports trivia

Questions on page 20

Answers

- 1924 in Chamonix, France.
- Five divided into nine disciplines.
- Bobsleigh, curling, ice hockey, Nordic skiing (divided into military patrol, cross-country skiing, Nordic combined and ski jumping) and skating (divided into figure skating and speed skating).
- Charles Jewtraw of the USA won gold in 500-metre speed skating.
- Ice hockey and figure skating.
- Both were defending their Summer Olympic titles from 1920. Both were successful.
- Biathlon, which debuted in 1960 at Squaw Valley.
- Klas Lestander of Sweden.
- Walt Disney.
- Barbara Ann Scott of Ottawa in women's figure skating in 1948 at St. Moritz.
- Anne Heggtveit of Ottawa in the women's slalom in 1960.
- Barbara Wagner and Robert Paul of Toronto won gold in pairs figure skating.
- France - 1924, Switzerland - 1928, Yugoslavia - 1984, Canada - 1988.
- Vic Emery, John Emery, Doug Anakin and Peter Kirby of Montreal in four-man in 1964 in Innsbruck, Austria. The most remarkable element in the Canadian win is that it was accomplished without government or commercial sponsorship. The team purchased its own equipment and paid its own way en route to the gold.
- Jean-Claude Killy.
- Nancy Greene-Raine of Rossland, B.C. won gold in the giant slalom in 1968 in Grenoble. She also won silver in the slalom.
- 1972 - Sapporo, Japan. Karen Magnussen of Vancouver won Canada's only medal, a silver, in figure skating.
- Sonja Henie of Norway - 1928, 1932, 1936 in women's singles and Irina Rodnina of USSR - 1972, 1976, 1980 in pairs.
- Kathy Kreiner won gold in 1976 in Innsbruck, Austria.
- Cathy Priestner of Windsor, Ontario.

Super Crossword

PUNNING UP AND DOWN

ACROSS

- 1 Jan. and Feb.
- 4 Project detail, for short
- 8 Coll. dorm monitors
- 11 Salt Lake City athletes
- 15 Speedy WWW hookup
- 18 Nibble away
- 19 Funny Bombeck
- 20 Trio after N
- 21 12-point-wide type
- 22 Lemur kin
- 23 Start of the first riddle
- 26 Ship routes
- 28 Henry of Time and Life
- 29 The Teletubby that's yellow
- 31 Certain citrus grove yield
- 32 Middle of the first riddle
- 37 Lingerie garment
- 39 Snobbery
- 40 Un-PC suffix
- 41 Retort to "Not so!"
- 42 Wrestling pad
- 43 Party game cry
- 44 Peaty place
- 47 Slave over -- stove
- 49 End of the first riddle
- 58 U.S. snoop gp.
- 59 Creameries
- 60 State as fact

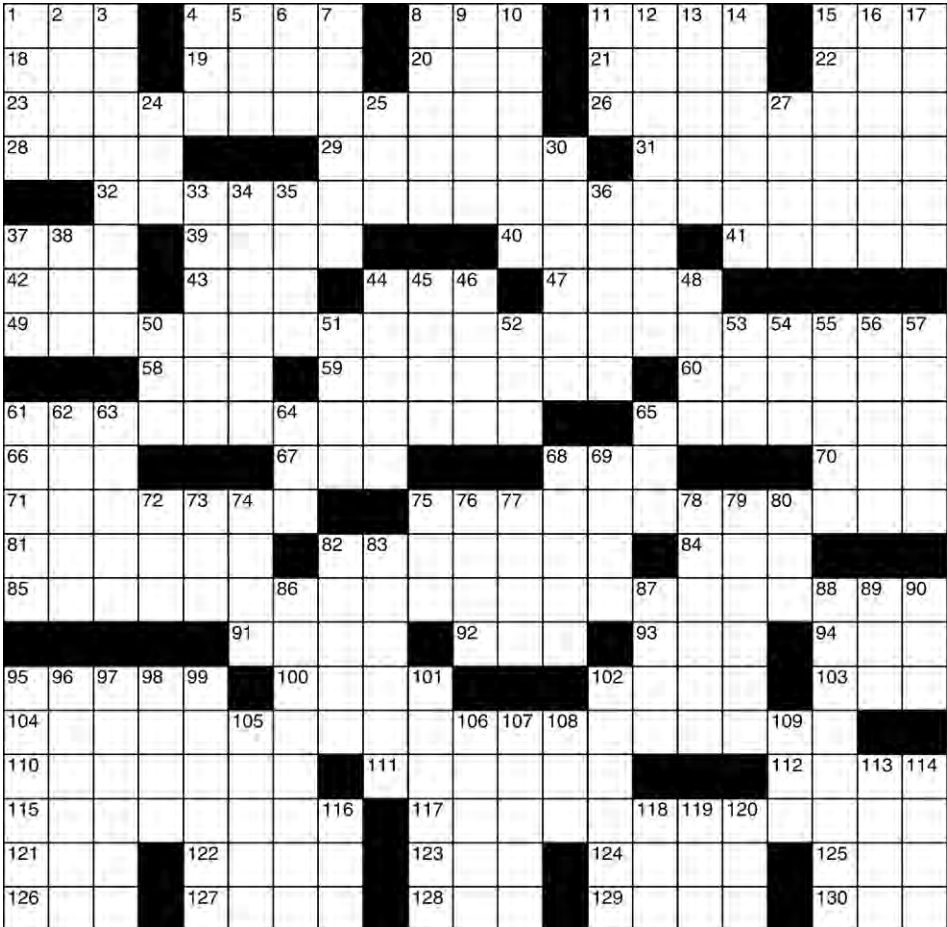
- 61 First riddle's answer
- 65 Zagreb site
- 66 "My Man" singer Yoko
- 67 Pre-58-Across org.
- 68 Immodesty
- 70 Old fed. led by Nasser
- 71 Hydrogen atom's lack
- 75 Start of the second riddle
- 81 Holds up
- 82 Cybernames
- 84 English rocker Brian
- 85 Middle of the second riddle
- 91 Andy Taylor's son
- 92 Look at
- 93 Org. giving tows
- 94 See 75-Down
- 95 Storage site
- 100 Misfortunes
- 102 Livy's 2,150
- 103 Couple
- 104 End of the second riddle
- 110 Intercept and turn aside
- 111 Gin joint
- 112 Oohs and --
- 115 "You have my word"
- 117 Second riddle's answer
- 121 Cinematic Spike
- 122 Purple fruit
- 123 Go -- rant

- 124 Black-and-white treat
 - 125 -- culpa
 - 126 Cut out
 - 127 Aug. follower
 - 128 April follower
 - 129 Simple
 - 130 Purported psychic gift
- DOWN
- 1 Cry feebly
 - 2 Island of Hawaii
 - 3 Detached, musically
 - 4 Jiffy
 - 5 Ace
 - 6 Aussie bird
 - 7 Hardened skin area
 - 8 Fit for a king
 - 9 Straight as --
 - 10 Nerdy sort
 - 11 Big name in pkg. shipping
 - 12 Get stewed
 - 13 PC-sent greeting
 - 14 Deli meat
 - 15 "Blasted!"
 - 16 Big name in swimsuits
 - 17 Not to such a degree
 - 24 Tetley option
 - 25 "True --!" ("Yes siree!")
 - 27 Santa -- (hot winds)

- 30 All the world, per the Bard
- 33 Actress Metcalf
- 34 One-dimensional
- 35 Body part above eyes
- 36 One of the Musketeers
- 37 X6 and Z4 carmaker
- 38 Pep rally cry
- 44 Doldrums
- 45 Any of the Joads, e.g.
- 46 Female kid
- 48 Old despot of Russia
- 50 Cry in Berlin
- 51 Tallies
- 52 Bite playfully
- 53 General --'s chicken
- 54 "There -- tide ..."
- 55 Abate
- 56 Event with evidence
- 57 Gawk
- 61 Pilot and Fit carmaker
- 62 "-- a nap!"

- 63 Pianist Glenn
- 64 History unit
- 65 Fishcake fish
- 68 Actor Murphy
- 69 Main point
- 72 Oil byproduct
- 73 Bread or booze
- 74 -- buco
- 75 With 94-Across, donkey noise
- 76 Sun, moon and star
- 77 Cablegram
- 78 Jewish Passover
- 79 Surround with a saintly ring
- 80 Caveman Alley
- 82 Functional
- 83 Turtle covers
- 86 Makes natty
- 87 "-- Rock" (1966 hit)
- 88 "Heavens!"

- 89 Liquid filling la mer
- 90 A couple
- 95 For some time
- 96 Prison, informally
- 97 Began to cry, with "up"
- 98 Prefix with Chinese
- 99 Chews noisily
- 101 Ski race
- 102 "Some Like It Hot" actress
- 105 Cyber-submit to the IRS
- 106 Massey of "Rosalie"
- 107 "Never ever!"
- 108 Common site for a 7-Down
- 109 Set (down)
- 113 Tilling tools
- 114 Flip one's lid
- 116 First-aid ace
- 118 History unit
- 119 -- Moines
- 120 Male kid



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HMCS Halifax takes COTW/COTF Curling trophy

The combined COTW/COTF MEGA Curling tournament was held from January 15-19 at the CFB Halifax Curling Club in Windsor Park, and PSP organizers say this year's competition saw a good turnout and hard-fought matches. Teams from HMCS Fredericton, HMCS Halifax, Trinity, and FMF Cape Scott made it to the semi-final round, while the eventual final match resulted in a 7-4 win for HMCS Halifax over HMCS Fredericton.

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