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TRIDENT

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

Happy Valentine's Day from HMCS St. John's

MS Jennifer Krick, a sailor deployed on Op REASSURANCE in HMCS St. John's, sends Valentine's Day wishes home to her children: Bailey, Brandon, Benjamin and Jessica.

CPL TONY CHAND, FIS



Bell Let's Talk Day
Pg. 2



MCDVs depart for West Africa
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Sea trials with Asterix
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Mariners win regional hockey
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February 22nd



Don't keep quiet about mental health issues, advocate tells CFB Halifax crowd

By Ryan Melanson,
Trident Staff

A Canadian golf pro turned mental health advocate visited CFB Halifax on January 31 to share his story of depression, suicide attempts, and the road to recovery, but he says that finally speaking out loud about his issues, above all else, is what allowed him to start making positive steps and managing his mental health.

"The way to heal from this stuff or to start healing from this stuff is just to talk about it. It sounds cliché and all that, and just talking isn't going to immediately fix your problems, but that's where it starts," Andrew Jensen said to the group gathered at Juno Tower for the base event marking Bell Let's Talk Day. The telecom's annual social media campaign is aimed at opening discussions and ending stigmas around these issues, and comes with a hefty donation to mental health initiatives across Canada. For 2018, more than 138 million calls, likes, tweets, shares and video watches involving the Bell Let's Talk hashtag have resulted in donations from Bell Canada totalling nearly \$7 million.

Jensen joined the campaign as an ambassador after sharing his story through the sports world and finding that his example could serve as a learning tool for others. He suffered from depression in his teenage years that worsened in early adulthood as he struggled with his golf career, leading to suicide attempts and stints in hospital. Starting in 2011, he opened up to his family and friends about his battles, establishing a strong support network that led to professional help and strategies to manage his depression.

"When that first step happens, that's when you can take the next step, and the one after that. Now, six and a half years after standing on a rooftop ready to jump, I'm still here and I'm a lot further along," he said.

He encouraged anyone in the audience to speak up and talk to their loved ones, friends or a medical professional if they're having mental health trouble. He admits that his own struggle with depression is ongoing and takes constant work, along with the support of others, but said the alternative remains much worse.

Jensen now lives in Jacksonville, Florida, but his father is a veteran of the CAF and his two brothers currently serve; he said the military stop was the most personally meaningful component of his whirlwind day of appearances in support of the campaign.

"Speaking to the military has been one of the biggest joys for me in all of this, coming from a military family and now getting to visit different bases and different units and meet these people. If I can make a difference for even one person who might decide



Andrew Jensen, professional golfer and Bell Let's Talk Ambassador, visited CFB Halifax on January 31, the day of this year's Bell Let's Talk campaign, to speak about his own experiences with depression and fighting the stigmas that surround speaking up about mental illness. Pictured from left, Cmdre Craig Skjerpen, CCFL; Andrew Jensen; RAdm Craig Baines, Commander MAR-LANT and JTFA; and Capt(N) Paul Forget, CFB Halifax BComd.

MONA GHIZ, MARLANT PA

that they need to talk to someone and get some help, that's incredible."

Members were also encouraged to participate in the Bell Let's Talk social media campaign through the day, and in a special CFB Halifax initiative, five Buddy Benches were built and painted blue with hashtags like #BellLet'sTalk and #DNDsup-

portsmentalhealth, and set up around the base for the day. The project was spearheaded by Regional EAP Coordinator Holly Scothorn with the help of TEME staff, and base personnel were invited to stop for a chat on the benches while sharing a photo online using the Bell Let's Talk hashtag.

"The benches were a great idea

because the whole point of today is to stop and have a conversation and get those discussions going around mental health," said Base Commander Capt(N) Paul Forget.

At the national level, a live panel discussion in Ottawa was streamed online through Facebook featuring retired RCN diver and Bell ambassador Bruno Guévremont, CAF Director of Mental Health Col Colleen Forestier, MWO Shelley Lamothe, Cmdre Chris Sutherland and Natasha Khattar of ADM(Hr-Civ), and smaller bases across the country held their own events and led social media campaigns aimed at supporting Bell Let's Talk and sparking discussions about mental health, stigma and avenues for treatment.

"Stressors of life occur through all ranks and all ages and everyone has a point at which they're going to need support. It's reaching out and getting that peer support, spiritual support, colleague support that is so important, and not withdrawing," Col Forestier said during the national panel.

If you are a member of the CAF or larger DND community and are struggling with your mental health, visit <http://forces.gc.ca/yourenotalone> for information on the wide range of support available from chaplains, the MFRC, PSP Health Promotion Services, base and wing clinics and CAF mental health professionals.



Sarah Carter, left, and Regional EAP Coordinator Holly Scothorn, right, show off one of the blue Bell Let's Talk themed benches that were set up around CFB Halifax on January 31.

SUBMITTED

HMC Ships *Summerside* and *Kingston* depart for exercises, community work in West Africa

By Ryan Melanson,
Trident Staff

The crews of two Kingston-class ships left the winter weather behind as they departed Halifax Harbour on January 26 for a three month deployment to the Gulf of Guinea region in West Africa. The trip will see the ships work alongside more than 20 African countries as part of the American-led Obangame Express 2018 exercise, in addition to community and humanitarian-minded port visits to nations like Ghana, Nigeria, Cape Verde, Senegal, Liberia and Cote d'Ivoire.

"It's a bit of a cold, grey day, which might reflect the mood of some of the families here today, with these two very capable crews getting ready to leave us for three months," said Cmdre Craig Skjerpen, Commander CANFLTLANT, speaking to the group of sailors and families prior to the departure from Jetty NC.

"But this is going to be an opportunity to share ideas about the maritime environment and about maritime cooperation, as they continue to expand the control of their exclusive economic zone in that West African region, and an opportunity for us to grow important relationships with our partner nations."

Working toward that cooperation and interoperability began before the ships even left port, with two exchange officers, one from Ghana and one from Cote d'Ivoire, arriving shortly before the deployment to accompany the ships as they make their crossing.

"With them on board, the cooperation starts as soon as we leave Halifax, and it will continue through the three months as we learn more about the way they do business," said LCdr



The commanding officers of HMCS Kingston and HMCS Summerside speak to the media, along with Cmdre Craig Skjerpen, Commander CCFL, and exchange officers from Ghana and Cote d'Ivoire, before departing on JANUARY 26.

Matthew Woodburn, the Commanding Officer of HMCS *Summerside*.

Obangame Express 2018, one of the largest components of the deployment, is an at-sea exercise designed to improve relationships among participants and increase maritime safety and security in the Gulf of Guinea. The focus is on maritime interdiction techniques including boarding, searches and seizures, and for that reason, the ships sailed with embarked personnel from the Maritime Tactical Operations Group to showcase the Navy's Enhanced Naval Boarding Party capability.

The deployment follows the NEPTUNE TRIDENT 17-01 mission that saw *Summerside* and *Moncton* sail to the region in the winter of 2017. Objectives were similar, with the

Obangame Express exercise, training with partner navies and coast guards, and community visits forming the bulk of the trip. Though *Summerside* is participating again, she sailed with

a different crew last year, and only a handful of sailors from the 2017 deployment were tapped to sail to the region again.

Lt(N) Andrea Murray, *Summerside's* Executive Officer, said her crew have spoken to colleagues who deployed last year, looked through the collection of photos, and have been building up a high level of excitement and motivation to make the most of the opportunity. The ships left with gifts and donations for visits to schools, orphanages, women's shelters and other community destinations, and she said sailors are ready to lend a hand in any way they can.

"After hearing stories from the first deployment, I really can't wait, and this is the type of tasking that has gotten the whole crew engaged and excited as we prepare."

LCdr Emily Lambert, *Summerside's* CO, was most most looking forward to the opportunity to engage with young women and local female leaders during events and leadership forums being organized at different ports.

"I can't wait to have a chance to exchange ideas and highlight the important role that Canadian women are playing in the CAF," she said.



HMCS Kingston sails out of Halifax Harbour on January 26.

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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.

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. 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: ADHD

Time: 6:30 p.m.

Date: Tuesday, February 20

Location: Halifax Central
Library

Experience ADHD from the points of view of children and teens who live it. Registered Psychologist Dr. Kiran Pure will provide you with fast facts about ADHD, the latest research, and treatment approaches that provide best outcomes at home, school, with peers, and in the community. The Psychology Month Learning is a series of interactive discussions with psychologists about mental health, presented in partnership with the Association of Psychologists of Nova Scotia. There is a new topic each week in February, along with information and coping strategies to use in your daily life.

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.

MARLANT African Heritage
Month event

Time: 10 a.m. - 12 p.m.

Date: Wednesday, February 28

Location: Windsor Park MFRC
multipurpose room

Come celebrate African Heritage Month 2018 along with MARLANT leadership and members of the Defence Visible Minority Advisory Group (DVMAG). This year's theme is "Educate. Unite. Celebrate Community," and is meant to encourage citizens to familiarize themselves with African Nova Scotian history. DVMAG is pleased to welcome guest speakers Kardeisha Provo, creator of a popular North Preston Youtube channel, anti-violence advocate Quentrel Provo, and North End Community Action Committee co-founder Josh Creighton.

Dalhousie University Belong
Forum

Time: 7 p.m. - 9 p.m.

Date: Tuesday, March 1

Location: Ondaatje Theatre,
McCain Arts & Social Sciences
Building

The first event in Dalhousie University's Belong Forum series, featured as part of the school's 2018

Bicentennial celebrations, will feature keynote speaker Craig Steven Wilder, a historian at the Massachusetts Institute of Technology's School of Humanities, Arts and Social Sciences. Wilder's recent book *Ebony & Ivy: Race, Slavery, and the Troubled History of America's Universities*, won numerous non-fiction awards in 2013. The event is free, and limited tickets will soon be available at <http://dal200.ca>.

MARLANT International
Women's Day Event

Time: 8:00 a.m. check-in

Date: Thursday, March 8

Location: Juno Tower, BLDG
S-105, Formal Dining Room

The day will include a workshop, exhibitors, guest speaker, and more.

Register early, as seating is limited. To register or for more information, visit www.iwd-halifax.com, which opens February 19, 2018.

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 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.

HMCS *Glace Bay* sailor hopes to reach others with story of depression, recovery

By Ryan Melanson,
Trident Staff

A sailor in the MCDV fleet is sharing his story of battling with depression and suicidal thoughts, along with the story of his treatment and recovery, in hopes of reaching other CAF members who may be going through similar experiences.

LS Michael Spencer, a stoker currently posted to HMCS *Glace Bay*, now leads a happy life with a career he enjoys, a loving wife and two children at home, but he had a long road to get there. He was abused by his father and suffered through traumatic experiences as a child, and now knows he began experiencing symptoms of mental disorder when he was as young as 11 years old.

"I lived with the symptoms of depression for 25 years, pain and torment and constant self doubt and self abuse. It sucks," he said, describing years of difficulties with family, school and other factors that led to worsening symptoms and multiple attempts on his own life.

LS Spencer met his now wife in 2008, joined the CAF soon after, and while his depression continued and even worsened during his naval career, access to help, specifically the psychologists employed by Canadian Forces Health Services Centre (Atlantic), led him to discover the roots of his issues and begin turning things around.

He recently shared the details of his story in a blogpost on <http://thomasfhunter.wordpress.com>, where he normally posts creative writing projects. He's been getting positive feedback since then from colleagues, but hopes to also reach CAF members or anyone else who might benefit from learning about his experience.

"People who know me are understanding my story and who I am now that they've read this, and that's great. What I really hope, though, is that someone who is struggling might read this and know that they're not alone, and see that I didn't do everything right, and I made mistakes along the way, and it took a long time, but I still got better. It is possible," LS Spencer said.



LS Michael Spencer, a stoker aboard HMCS *Glace Bay*, is sharing the story of his battle with depression in hopes of benefiting others who may be struggling.

RYAN MELANSON, TRIDENT STAFF

"That's the biggest thing I'm hoping for in sharing my story."

He credits the 'outstanding' military resources available, the help of Annie Boivin at CF H Svcs (A), the support of his wife and many others with helping him reach this new, positive stage of his life. He also found support from the sailors and command teams in former ships *Athabaskan* and *Moncton*; his supervisors in *Moncton* even helped him recognize symptoms that were reemerging, leading to additional treatment in 2016. He also highlighted that others might prefer to seek help more discreetly, and that CAF members' medical information and treatment histories are confidential.

LS Spencer briefly spoke up and

shared his experience at the Stadacoma event marking Bell Let's Talk Day on January 31, and spoke with others afterward about initiatives they'd like to see within the CAF, like a mental health resource pool for military spouses and family members who rely on the civilian system, or an informal list of members across the base who are willing to offer advice or share their own experiences with mental health and treatment.

Above all else, however, LS Spencer stressed that no CAF member struggling with mental health should do it alone, that resources are available and can literally save lives.

"I might not be here today if I hadn't gotten that help," he said.

"If you're having trouble, start talking about it. Start asking questions, and start thinking about getting help. Just know that you can get better."

Correction

On page 11 of the January 22 Trident in the photo spread titled Local military photographers get national recognition, the incorrect photo caption is the one at bottom right from Cpl Lisa Fenton CFSU Ottawa:

LCol Michel Mailloux, Head of the Defence Public Affairs Learning Centre was incorrectly identified as LGen Alain Parent, Acting Vice Chief of the Defence Staff. Trident regrets the error.

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CAF Logistics Branch celebrates golden anniversary

By Lt(N) Suzanne McIntosh,
MARLANT HQ / N8 Staff

The 50th Anniversary of the CAF Logistics Branch occurred on February 1, 2018. On this day, the celebratory Year of the Logistician began in Halifax with a visit from the Royal Canadian Navy's Comptroller, Capt(N) David Colbourne. After his travel plans were altered by the weather, he kicked off the Logistic Branch 50th Anniversary as host for the In-Year Financial Management Forum. MARLANT and JTFA L3 comptrollers and budget staff met in the new conference facilities of Tribute Tower.

Also present in Halifax for the 50th Anniversary were the RCN Financial Services Officer, Cdr Serge Croteau, and the RCN Comptroller Chief, CPO1 Daniel Roach. They hosted local FSAs and Logistics Officers to discuss many relevant topics, such as state of the trade, ongoing initiatives, advisor activities, training and occupational boards. MARLANT's own CPO2 Tina Pace discussed local FSA issues and led a question and answers session for the group.

Finally it was time for birthday cake. At noon, logisticians from around the Formation gathered in the Main Hall of Tribute Tower for a cake cutting. The cake was of superior quality and expertly fashioned by Heather Scott at Juno Tower, who works under the umbrella of Personnel Support Programs. It was cut by Capt(N) Colbourne and the youngest sailor present, LS Kimberley Latter. The location was fitting as the grand windows of the Main Hall hold a view that encompasses the entire Macdonald Bridge where a Logistics Branch Flag was flying as part of the day's celebrations.

The 50th Anniversary of the Logistics Branch celebrates many years of local and dedicated service by Canadian Logisticians to the CAF and DND. The Branch is currently composed of 11,360 Regular Force members and 4,130 Reserve Force members, whose support is integral of the operations of the CAF. Specialties under the Branch umbrella include: supply, transport, movements, financial services, human resource administration, food

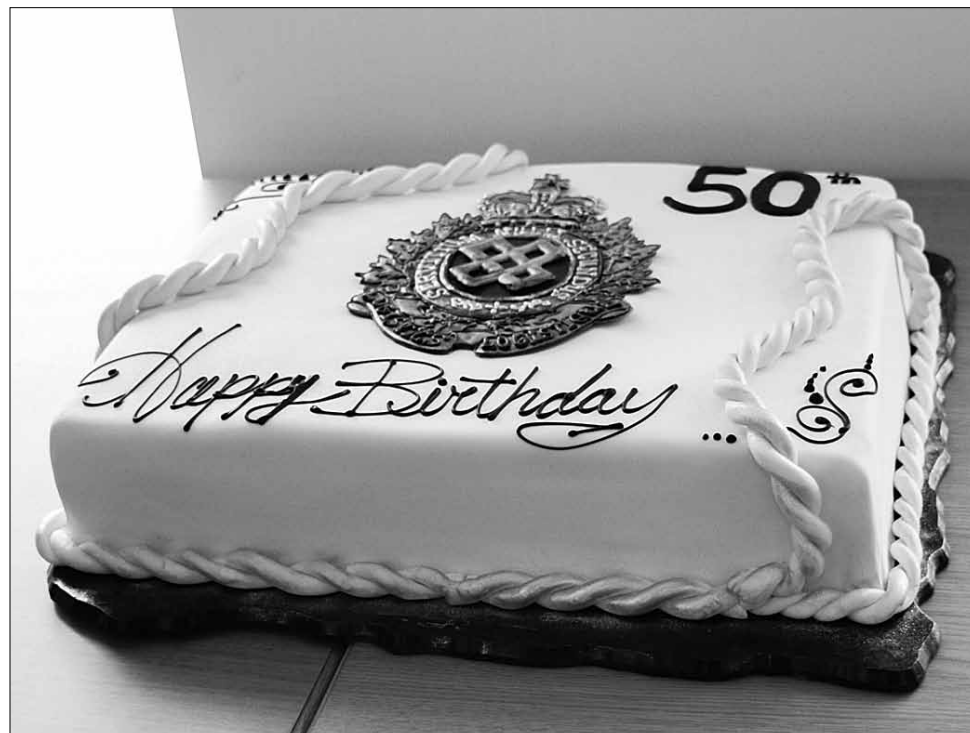


Cdr Steve Hamilton, MARLANT Comptroller, speaks to BLog members at Tribute Tower on February 1 during a gathering to celebrate the branch's 50th anniversary.

RYAN MELANSON, TRIDENT STAFF

services, postal services, and ammunition.

The day following the anniversary, Maritime Operations Group Five hosted a pancake breakfast. Once again, logisticians from across MARLANT and JTFA came together to rally the Branch and enjoy each other's company. We look forward to a great Year of the Logistician and many more activities planned across the nation to commemorate this significant milestone. Events being planned within the Atlantic Region include a curling bonspiel, golf tournament, and a Logistics Branch relay. More information about the Branch, anniversary activities and the Branch Fund can be found online at <http://intranet.mil.ca/en/organizations/sjs/logistics.page>



Heather Scott, a cook supervisor in the galley at Juno Tower, created and decorated the birthday cake to mark the 50th anniversary of the Logistics Branch.

RYAN MELANSON, TRIDENT STAFF

RCN programmers help Canadian industry win big

By Scott Syms,
Team Lead, Vessel Monitoring Services,
CFB Halifax

A small Navy software development group in Halifax is causing a big splash with NATO.

Halifax-based programmers with the Royal Canadian Navy wrote ship-tracking software that has helped Canadian industry win NATO contracts worth millions of Euros.

Most of the world's goods are carried by oceangoing vessels and the greater need to track shipping to ensure global safety and security has generated more data than ever before.

But the increase in ship position data creates problems for officers like LCdr Phillip Mundy, Director of the Regional Joint Operations Centre Atlantic. "Our job is to keep an eye on the ship traffic off the coast of Eastern Canada. As we introduced more data, we had systems choking on millions of position reports; it was affecting our ability to track ships off Canada's coasts."

To solve the problem, LCdr Mundy turned to a technical support group embedded with the Navy on the east coast. "The amount of data available is outstripping older methods of processing it," says Alicia Hogue, a programmer with the Navy. "To solve LCdr Mundy's problem, we had to re-think the whole process of gathering and storing data."



Alicia Hogue, a Programmer with the Royal Canadian Navy, demonstrates ship-tracking software for Cdr Seana Routledge of MARLANT's Base Information Services on February 2, 2018 at HMC Dockyard, Halifax.

MONA GHIZ, MARLANT PA

The group leveraged components from big data companies such as Google, Uber and LinkedIn. The resulting software is capable of processing hundreds of millions of position reports a day and is used on both coasts to manage and visualise ship data.

Hogue described Canada's efforts to colleagues overseas, and they were interested. "All navies were struggling with the same set of problems brought about by new, high-volume data sources."

The interest soon became an opportunity.

When MDA Systems approached the RCN about licensing the software as the cornerstone of a bid for a multi-million dollar NATO contract, the Navy jumped at the chance.

"We knew there was an opportunity and government policy is quite clear that we're to make our software available to industry. Our licensing agreement with MDA ensures that additional modifications to the software are returned to the Crown."

"It's as if we've added 20 program-

mers to the effort at no cost. It benefits Canadians, and benefits Canadian industry," adds Hogue.

The software competed well, and MDA Systems beat out industry leaders to build ship-tracking software for the 29 country military alliance. The majority of the contract work will be done in Nova Scotia, and programmers will work in close partnership with Navy expertise at MARLANT.

"Our success is the result of a close relationship between military staff and civilian expertise on the east coast," says Hogue. "It's one more example of how we build strength from diversity."

The Navy's next programming challenge? Says Hogue, "We're already working on version 2.0."



New wheels for CFB Halifax PSP

CFB Halifax Base Commander Capt(N) Paul Forget (second from left) receives the keys to a brand new 2018 Toyota RAV4 SUV from Avis Budget Group Agency Manager Graeme Dorey at Stadacona on January 26. The vehicle, the fourth to be donated by Avis Budget Group to CFB Halifax through Personnel Support Programs (PSP), will be used for morale and welfare programming, departures and arrivals, special events, meetings, training and more. Also on hand for the special delivery were Base Chief Petty Officer CPO1 David Steeves (left), PSP Manager Joni Sawler (second from right) and Avis Budget Group Agency Manager Brenda Vautour (right). Many thanks are extended to Avis Budget Group for this generous donation and for its continued support for CFB Halifax, PSP and the greater Canadian Armed Forces community.

MARGARET CONWAY, CFB HALIFAX PUBLIC AFFAIRS

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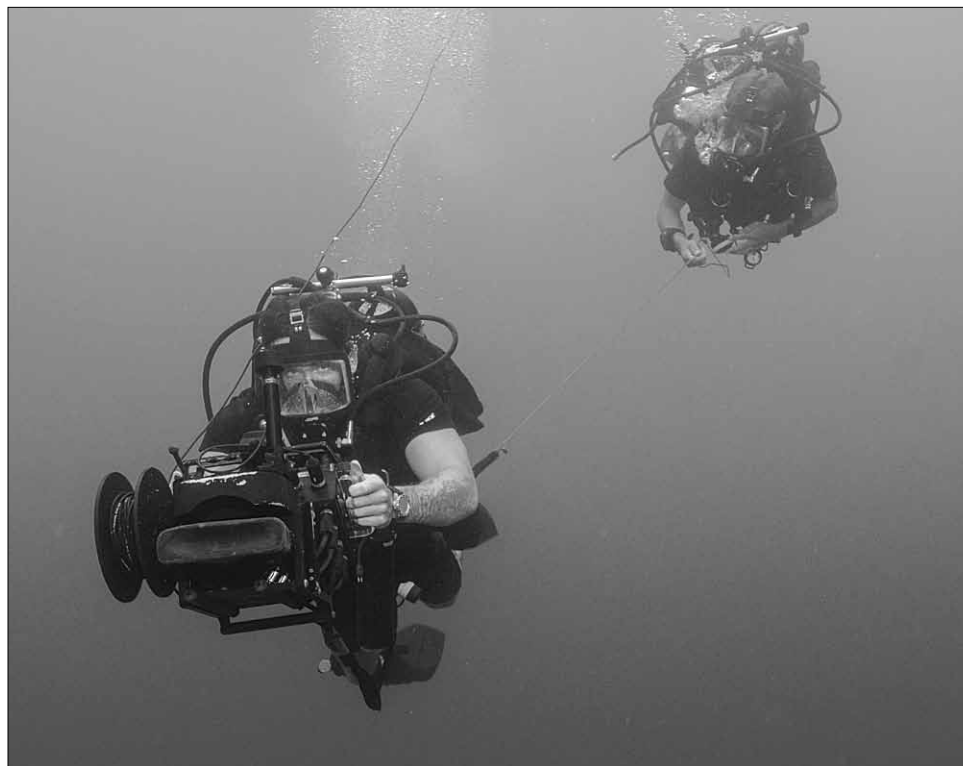


CAF Clearance Divers: selecting suitable candidates

By LCdr Rick Kappel,
CO FDU(P)

Clearance Divers operate from the great depths of the sea to the rugged peaks of mountains, from dry desert climates to the frigid waters of the Arctic, at home and abroad, and during times of peace and in war. They are the masters of the underwater domain whose primary mission is to locate, identify and neutralize explosive devices. They specialize in disposing of Improvised Explosive Devices and have been successful in numerous deployed international operations. Clearance Divers operate in the most unforgiving environments employing sophisticated equipment and the latest technologies to achieve their mission. They are highly trained specialists who undergo intense, rigorous training, selected from the few who have what it takes to endure extreme hardship to achieve mission success.

The training required to produce a qualified Clearance Diver is over two years in duration, taking place primarily at Fleet Diving Unit Pacific, in Victoria, BC. Candidates will also challenge courses provided by the Canadian Army, as well as an eight-month advanced explosives course at the world-renowned Naval School of Explosive Ordnance Disposal in Destin, Florida. Upon qualifying as a basic Clearance Diver, specialization training



Canadian Combat Dive Team members practice using the Shark Marine Navigator during RIMPAC 16 off the coast of Pearl Harbor, Hickam, Hawaii on July 18, 2016.

MCPL CHRIS WARD, MARPAC IMAGING SERVICES

ing will occur throughout one's career.

The Clearance Diver occupation has a long and storied history. The first Units were formed during the Second World War to render safe sea-mines throughout Europe and the South

Pacific. From their auspicious beginnings, Clearance Divers have been at the forefront of Royal Canadian Navy and CAF operations throughout the world, including operations in Afghanistan, Bosnia and Herzegovina,

and most recently Ukraine.

Clearance Divers are a small, tightly knit, and highly motivated group of specialists whose bonds forged under hardship last a lifetime. The job takes them places most will never go. Often, they're required to endure cold, pain, and extreme discomfort while remaining focused on the mission. But the challenges and the opportunities this occupation affords are second to none.

Anyone interested in becoming a Clearance Diver should contact his or her local Base Personnel Selection Officer. Previous restrictions to joining the occupation have been lifted. Voluntary Occupational Transfer is now open to any member of the CAF from any trade regardless of whether or not they have had initial dive training. Provided you are qualified in your current occupation, meet the medical and fitness requirements, and have 48 months continuous service, you are eligible. The only question that remains: Do you have what it takes? Consider becoming a part of one of the most thrilling, challenging, and rewarding occupations in the CAF: Clearance Diver.

Clearance Divers will be travelling to bases across Canada during the month of March, 2018 to deliver information sessions. More information on this exciting occupation and exact timings of information sessions can be found at: <http://esquimalt.mil.ca/FDU/index.htm>



Cdr Martin Fluets, left, accepts a Toronto Maple Leafs jersey as a gift from Cdr Steven Archer

RYAN MELANSON, TRIDENT STAFF

Command change for HMCS *Toronto* after successful RAS trials

By Ryan Melanson,
Trident Staff

After nearly three years leading the crew of HMCS *Toronto*, Cdr Steven Archer handed over command of the ship to his successor, Cdr Martin Fluets, during a ceremony at HMCS *Scotian* on February 8.

The outgoing CO spoke about his experiences through the last 33 months, but added that many of his proudest moments in command came recently, as he watched his crew spring into action in response to short-notice taskings.

"For a ship that just came out of drydock and started sailing seven months ago, this is a crew with a long list of accomplishments," he said.

It began last summer, when *Toronto* was unexpectedly tasked to visit its namesake city as part of the 2017 Great Lakes Deployment, acting as

ambassadors for the Navy in a region where warships aren't as common a sight as in Halifax.

"And then, we found out very late in our program that we would be doing acceptance trials with Asterix, and we turned around and got it done without issue. That's not because of me, it's because of the crew," Cdr Archer said.

Toronto's work with the Navy's new mixed-crew supply ship began in early January, resulted in successful trials including RAS at sea, and Asterix was formally accepted by DND and the RCN on January 29. Both Cdr Archer and Cmdre Craig Skjerpen gave credit to the crew and specifically *Toronto's* deck department for quickly having their teams trained and ready for the fueling trials at sea on frigid winter evenings off the coast of Nova Scotia. Sea Training personnel who were on board to supervise also commended the sailors for mak-

ing their jobs easy.

"It all comes back to professionalism, dedication and leadership, and all those qualities are found among this crew," Cdr Archer said. He also thanked his wife and two daughters for unwavering support through surprise trips and long days away from home.

The next chapter for *Toronto*, under the command of Cdr Fluets, will be a readiness program ahead of a NATO deployment to the Mediterranean on Op REASSURANCE roughly a year from now. It will be the second such deployment for the ship, but the first since being the final East Coast frigate to complete the HCM/FELEX process in late 2016.

"You were instrumental in bringing a new capability to the Royal Canadian Navy with the Asterix, and

Continued on page 9

2017 NDWCC results reveal fun-filled, successful year of fundraising

By Capt(N) Paul W. Forget,
Base Commander, CFB Halifax,
NDWCC Champion

For MARLANT, the fall 2017 National Defence Workplace Charitable Campaign (NDWCC) saw an enthusiastic beginning this past September with four kick-off events held at Stadacona, FMF Cape Scott, Royal Artillery Park, and 12 Wing Shearwater. That running start was the first indication of a successful NDWCC fundraising season, as units throughout the base and Fleet quickly and eagerly launched their own fundraisers. From gift card trees and bake sales to silent auctions and BBQs, our military and civilian personnel got creative with their efforts to ensure funds would be raised for a wide range of social, health and community agencies via the United Way and HealthPartners.

Base Information Services' mock jail was a surprise hit, up \$900 from last year, reaching a total of \$1,100 raised. HMC ships *St. John's*, *Fred-erickton* and *Charlottetown* had major success with their Run the Rock, Bike for Wishes and Run for Wishes events, respectively, with money from these three events contributing significantly to our fundraising total. A Leadership Breakfast for military members in senior positions yielded over \$1,000 for the campaign; even the Boot Drive bore positive results, bringing in extra funds from personnel passing through the gates at CFB Dockyard.

As the majority of NDWCC activities were winding down in December, several big ticket events and announcements were still on the horizon. The Christmas Daddies 50K Run took place early that month, an annual and ever-popular tradition for Fleet Diving Unit (A) that raised an impressive \$13,000. Then just before the holidays, the winners of the \$12,964 NDWCC Chase the Ace



Cdr Corey Gleason (left), Commanding Officer HMCS Harry DeWolf, winds up to put a pie in the face of his Coxswain, CPO1 Gerry Doucet (right) during the NDWCC Kick-off Event at Tribute Tower Dining Hall on September 19, 2017.

OS JOHN IGLESIAS, FIS

jackpot and \$3,141 50/50 prize were announced. These initiatives topped up our NDWCC thermometer for the season, bringing our grand total to an outstanding \$540,000.

While raising money for organizations that positively impact our community and our country is the main objective for the NDWCC, it is not the only goal. CFB Halifax and the greater MARLANT Formation comprise a large piece of the HRM pie in terms of both physical property and people, and we recognize the impact we have on our surrounding community. Our military and civilian personnel make a positive impact in the community both during and outside of working hours. Whether it be through volunteering with charities, coaching a sports team, helping out a neigh-

bour or simply being kind to a fellow citizen, our members are consistently giving back, getting involved and really appreciating and understanding the communities in which we live and do business.

On December 7, 2017, 10 teams of military personnel from several of our units participated in Wake Up Halifax, a citywide Day of Action organized by United Way Halifax to commemorate the centenary of the Halifax Explosion. The teams volunteered with numerous organizations, offering their skills in general maintenance, painting and carpentry, among others.

We also invited representatives from charitable organizations onto the base for Professional Development Days during which they spoke about the incredibly important initiatives happening in our own back yard. These types of activities don't result in money raised, but the education and experience is a priceless and important component of our NDWCC framework and our greater vision as a military base.

The success of the 2017 NDWCC

couldn't have been achieved without the help of all Defence Team personnel who planned or participated in events, contributed through payroll, volunteered in the community or took a lead on NDWCC coordination within their units.

Special thanks go out to: Cdr Patrick Perks and Cdr Corey Gleason, NDWCC Campaign Directors; 2Lt Adam Byrne, NDWCC Campaign Assistant Director; Lt(N) David Gallant, NDWCC Coordination Officer; A/SLt Pamela Kent, NDWCC Logistics Officer; Lt(N) Ryan Arnold, Senior Group Coordinator of the Fleet; CPO1 Gerry Doucet; Cpl David Hernandez-Tremblay, Senior Group Coordinator at Stadacona; Capt Donald Frederick, Senior Group Coordinator at 12 Wing Shearwater; WO Eric Veillette; MCpl Antoine Maldague-Mathieu, Senior Group Coordinator at Willow Park and Windsor Park; Leona Mercer, CFAD; Glenda Mercer, DRDC; WO Rachel Boucher, BIS; Lt(N) Jerry Kowalski, Senior Group Coordinator at HMC Dockyard; and Lt(N) Chantal Davis, D201. Bravo Zulu to all for a fun and successful fundraising season.

Command change

Continued from page 8

it doesn't end there. There will be more challenges to come," said Cmdr Skjerpen, speaking to Cdr Fluet and his new crew. He added that *Toronto* will once again break new ground as only the second ship to deploy internationally with a CH-148 Cyclone helicopter, following HMCS *Ville de Quebec* later this year.

"There are big steps ahead, and I know Martin is the right person to lead the ship through those," he said.

For his part, the new CO introduced himself to the ship's company,

thanked his family members in attendance, including his two young sons, and grudgingly accepted a Toronto Maple Leafs jersey from Cdr Archer, promising to root for the ship's namesake team as long as they aren't playing against Montreal.

"*Toronto* rose to the challenge under Steven's leadership, and I have to thank both him and the crew for getting the ship to this point," he said.

"I might be the Commanding Officer, but I won't be able to complete any mission or any program without the crew. I can't understate their importance to the ship."

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Out of Africa: sailor proud to give back

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

From his home in Kinshasa, capital of the Democratic Republic of the Congo, Master Seaman Hérís Lokombe dreamed of joining the Canadian Armed Forces (CAF).

Now a Master Seaman in the Royal Canadian Navy (RCN), he takes great pride in being the driver for RAdm Craig Baines, Commander Maritime Forces Atlantic and Joint Task Force Atlantic.

It's been a long road from Africa to the full life he leads today in Halifax with his wife and four children.

"It's really a long story but to make it short, it was a dream," MS Lokombe says. "When I was young, living in Africa, it was my dream to live in Canada and work for the CAF. Its reputation was peace-keeping during the year 1990, and this was the basis of my motivation."

But he also credits Canada with saving his life.

"After six months in prison in Zimbabwe, the Canadian Embassy came to my rescue, took me out prison and brought me to Canada," he says. "For me, I'm just giving back a little bit of what I received. I am proud to wear the uniform of the Canadian Armed Forces."



MS Hérís Lokombe, the driver for RAdm Craig Baines, Commander Maritime Forces Atlantic, stands on a jetty in HMC Dockyard, Halifax on January 29, 2018.

MONA GHIZ, MARLANT PA

MS Lokombe immigrated to Canada in 2001 and lived in Québec City where he was an active member of the African community. From 2002 to 2011, he worked as an exploration technician in the mining sector. He joined the RCN in 2011 and was posted to Halifax the following year.

MS Lokombe says a highlight of his career was being nominated for the RCN Heroes Award in 2016.

"That was one of the best moments of my career and my life; I will always remember that," he says.

But he adds it was equally rewarding when he was asked by RAdm Baines to work for him.

"Another highlight of my career was being appointed by RAdm Baines to work for him as a driver when he was a Commodore, and to continue with him when he was promoted Rear-Admiral."

MS Lokombe is deeply committed to community collaboration, and this has led him to a number of volunteer positions and community leadership roles. He is an active member of Congolese Community of Nova Scotia, as well as a volunteer with the Dartmouth Destroyers football team, where his two sons play.

"I also remain active in Democratic Republic of the Congo communities across Québec and in Montréal, and talk to other immigrants about my experiences with CAF," he says.

French is his first language, and along with English, he speaks three Congolese languages.

In November 2017, he was selected as one of the top 25

immigrants in the Maritimes by My Halifax Experience, an organization that tells the stories of new immigrants who have found success in Halifax.

Outside his work with the RCN, MS Lokombe likes to fish and cook. He also enjoys sharing his Congolese traditional dance.



A visit to HMS Victory

Members of HMCS St. John's receive a tour of HMS Victory, Nelson's flagship during the Battle of Trafalgar, during a fuelling stop at Portsmouth, United Kingdom on January 23, 2018.

CPL TONY CHAND, FIS

RCN building new bridges with women

By Peter Mallett,
The Lookout Staff

The CAF's efforts to beef up the number of women in the military was greatly enhanced by the Achieve Anything Foundation last week.

Using HMCS *Ottawa* as an enticement platform, 120 girls and women of all ages crossed the ship's brow Jan. 27 for a day sail around Vancouver's harbour and the Strait of Georgia.

For most, this was a first encounter with a Canadian warship and its crew.

Sailors were prepared for their guests with special displays laid out in the hangar and in the ship, and an itinerary of tours and spectacles to keep everyone wide-eyed and asking questions.

The air force played a role by flying an Aurora overhead as part of a search and rescue demonstration.

"Promoting the navy to future generations is very important to everyone in the defence team," said Cdr Alex Barlow, *Ottawa's* Commanding Officer. "Seeing the smiles on everyone's faces brought great pride to all of the sailors who work aboard *Ottawa*, and we are hoping those who joined us will share their experiences with friends and family."

The Achieve Anything Foundation was formed to create year-round projects and programs that inspire female future leaders in science, technology, engineering and math (STEM), and STEM-based fields such as aviation, aerospace, marine and defence. It was founded by Kirsten Brazier, an aviation professional with over 25 years' experience in the commercial aviation industry as a fixed wing aircraft and helicopter pilot. The 47-year-old founded the registered non-profit in 2016, but its roots go back to 2012 with its signature event *The Sky's The Limit – Girls Fly Too!* The annual



An officer from HMCS *Ottawa* give visitors a tour of the bridge.

BETTY JOHNSTON, ACHIEVE ANYTHING FOUNDATION

event, held in conjunction with various agency, industry and education partners, is expecting over 20,000 visitors in 2018.

Low numbers of women in senior management or command positions and highly skilled trades in organizations such as CAF is why she pushes for change through positive actions instead of rhetoric. She is a big believer in hands-on experience and concentrates her work on this aspect of promotion.

For the *Ottawa* day sail, she market-

ed it with the slogan: "Ladies, come drive this ship."

"Women are a tough demographic for defence, science and technology industries to crack," she says. "If you want to get women fired up, you need to make them see there is a really awesome experience to be had on a warship."

"I don't want to hear women saying

we need more women in the military or emergency services. I want to hear more men step up and, like [Chief of Defence Staff] General Jonathan Vance, say: 'We want to build a diverse team that includes more women.'"

For more information about Achieve Anything Foundation, upcoming events, or ways to support go to: www.achieveanything.ca/



The daysail in HMCS *Ottawa* included displays of equipment and a chance to try on firefighting kit.

BETTY JOHNSTON, ACHIEVE ANYTHING FOUNDATION



Visitors take selfies on the bridge during the day at sea.

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2018/2019 OnGuard information needed

By Virginia Beaton,
Trident Staff

The 2018/2019 edition of OnGuard, the annual Canadian Forces in Nova Scotia Information Directory and Shopping Guide, will be sent for printing in April 2018. This updated publication should include information on all CAF units in the Halifax/Dartmouth area, as well as satellite units supported by the Formation. Therefore, it is requested that the 2017/2018 edition be reviewed, the necessary amendments be made, and forwarded by e-mail, in both official languages, to the Trident (Virginia.beaton@forces.gc.ca) NLT March 15, 2018.

To ensure that all DND employees, both military and civilian receive their own personal copy of the directory it is requested that each ship, organization, and unit forward to the Trident the name and telephone number of the individual who will be responsible for accepting delivery of the 2018/2019 edition, along with the number of copies required for the unit.

If your unit was not previously included, please provide the following general information in both official languages, including but not limited to: to whom your unit is responsible; purpose of your unit; location of your unit; other additional information.

In order to improve the 2018/2019 edition we request your support. Queries may be e-mailed to Virginia.beaton@forces.gc.ca



HMCS Toronto, left, and MV Asterix, connected for RAS at sea.

DAVIE SHIPBUILDING

“Did you pack your long johns?”

By SLt Samuel Kehler,
HMCS Toronto

“Did you pack your long johns?”

That was the question someone asked me when I said I was being attached posted to HMCS Toronto for a week of Replenishment at Sea (RAS) training with the soon-to-be

delivered MV Asterix. I had completed many a RAS while serving in HMCS Protecteur and in HMCS Calgary but never as a NWO (Naval Warfare Officer) and never in the cold East Coast winters I had been avoiding for the first five years of my sailing career.

The first day was a day for approaches. This is where Toronto moves towards Asterix and gets into a position to be ready to RAS. It is high speed and high stress as the NWOs, formerly Maritime Surface and Sub-Surface Officers (MARS), calculate relative velocity equations on maneuvering boards as fast as they can. They do this to ensure a safe and seaman-like approach to Asterix, getting as close as 50 yards from a ship nearly five times our displacement. As a new NWO fresh into his first sail, I was decidedly eager to put my skills to the test and enjoyed the challenge of ensuring accuracy while still being as quick as possible in providing a solution.

The second day we upped the ante by attempting a dry hookup. A dry hookup is when you pass all the lines

and gear required for a RAS without actually transferring any fuel. We had practiced this alongside across the jetty but this would be the first time Asterix ever actually passed any gear to another ship while sailing.

I was acting as Signals Officer, which meant I had an up close and personal view of the evolution on the top part of the ship. My job as Signals Officer was to hold either a red and green set of paddles or a red and yellow set of paddles in order to send or receive information with the crew of Asterix. It took a few tries to fire the gunline across due to the high wind we were experiencing but eventually we got that first line across and we were off to the races, the first ship to RAS with MV Asterix. Once the gunline was across, we slowly hauled in the continuous messenger until finally the span wire was passed across and hooked onto our ship. The fueling hoses travel along the span wire and seat into our bell. It took a few tries to get the probe seated, but eventually it was, and we again became the first ship to reach that step with a Canadian tanker since 2014.

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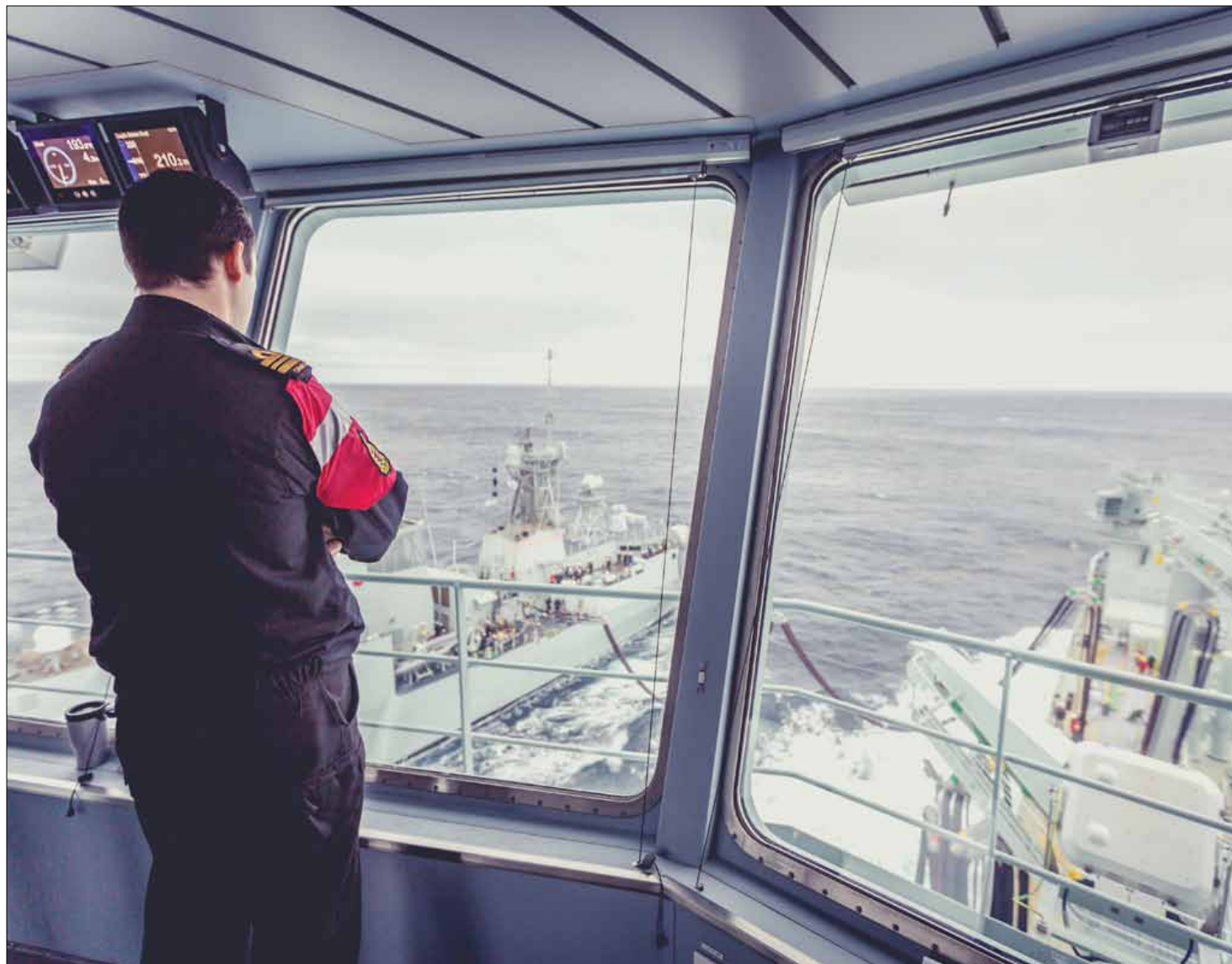
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A view from the bridge of MV Asterix during sea trials with HMCS Toronto.

DAVIE SHIPBUILDING

RAS in HMCS Toronto

Later that afternoon it was time for a real RAS approach, hook-up, and receiving fuel through the lines. This time I was the Range Officer, my job was to be on the bridge and on the bridge wing with the Captain and the Officer of the Watch (OOW) and report the distance from our ship to Asterix. First, distances were reported using the radar, then once we got closer, the laser range finder and Stuart Distance Meter. Coming from the West Coast, I have had to learn on the fly proper dress for evolutions at sea and this was definitely one of those times. After 45 minutes on the bridge wing in just NCDs and a floater coat, I realised I would never be able to complete this RAS without freezing. Luckily our Captain noticed how cold I was and I got a chance to run inside to change my clothes: two pairs of running tights, a second pair of socks, a long sleeve under my NCD shirt and another jacket over my NCD jacket. I then topped that off with two toques and the issued balaclava. I was finally ready.

When I got back out we had passed all the gear and the probe was seated, exactly where we ended earlier in the



HMCS Toronto sailors are seen on the ship's bridge wing while practicing RAS at sea with MV Asterix.

SUBMITTED BY HMCS TORONTO

day. Now it was time to start fuelling. *Toronto* succeeded once again and continued to lead the fleet in RAS progress by having the first successful fuelling with Asterix. In the RCN it is tradition that when you RAS with a tanker you put a sticker with your ship's crest – known as a Zapper on the fuel lines after a RAS. Well, the proof is there, *Toronto* was the first ship to place a Zapper on all four fuel lines of Asterix, forever saying, "We did it first."

It was an exciting week to be on the front lines watching this capability be brought back to the RCN.

Demandes d'ajouts ou de modifications, Éd. 2018/2019 ONGUARD

Par Virginia Beaton,
Trident Staff

L'édition 2018/2019 de la publication citée en référence sera envoyée sous presse en avril 2018. Cette publication actualisée présente des renseignements sur toutes les unités des FAC de la région de Halifax / Dartmouth et les unités satellites qui reçoivent le soutien de la Formation. On vous demande de revoir la version 2017/2018 ci-jointe et d'y apporter les changements nécessaires selon votre navire, organisation ou unité, puis de les acheminer, par courriel et dans les deux langues officielles au Trident (virginia.beaton@forces.gc.ca) on avant le 15 mars 2018.

Pour s'assurer que chaque employé militaire et civil du MDN reçoit son exemplaire du Guide, on demande à chaque navire, organisation et unité de communiquer au Trident le nom et le numéro de téléphone des personnes qui prendront livraison de l'édition 2018/2019 et d'indiquer le nombre d'exemplaires nécessaires.

Si votre unité n'était pas inscrite, veuillez fournir au moins les renseignements généraux suivants dans les deux langues officielles : responsable de l'unité; mission de votre unité; un emplacement de votre unité; autres renseignements pertinents.

Nous comptons sur votre collaboration pour que l'édition 2018/2019 soit encore plus réussie que les versions précédentes. Veuillez adresser vos questions par courriel à virginia.beaton@forces.gc.ca







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RCN warships set for weapons system upgrade

By Peter Mallett,
The Lookout Staff

With a Close-In Weapons Systems (CIWS) simulator towering behind him, Minister of National Defence Harjit Sajjan announced a major defence spending contract at Naval Fleet School (Pacific) in Esquimalt, B.C., on January 26, 2018.

The \$704 million defence contract is being awarded to Raytheon Canada Limited and will focus on the improvement of radar systems for the CIWS. The rapid-fire, radar-guided gun systems are designed to deter threats from missiles, small ships and aircraft.

"We are making strategic investments in the Royal Canadian Navy that will help protect our sailors as they conduct the full spectrum of operations in a modern security environment," said Minister Sajjan.

The CIWS is already in use by the Royal Canadian Navy's Halifax-class frigates and will also be installed on the new Joint Support Ships following their construction.

Cmdre Jeff Zwick, Commander Canadian Fleet Pacific, says the CIWS is affectionately known to sailors on RCN frigates as R2D2, and has already proven itself reliable as the last line of defence for warships from external threats.

"CIWS is extremely important when we talk about the essential tools that our sailors need to make a Canadian warship effective," said Cmdre Zwick. "The improvements to CIWS ensure that the navy is prepared for the uncertainty that our sailors may face in the future."



Pizza night in HMCS St. John's

Cpl Harold Daniels, a cook in HMCS St. John's, prepares pizzas in the galley for the traditional Saturday night supper.

CPL TONY CHAND, FIS

Replenishment at Sea



HMCS St. John's makes its approach to perform a Replenishment At Sea with French Ship Somme during Op REASSURANCE.

CPL TONY CHAND, FIS

CFS Alert welcomes first female station warrant officer

By Capt Julie Brunet
with content from
2Lt Heather DeWolfe,
8 Wing Trenton

In December 2017, MWO Renee Hansen was appointed station warrant officer at CFS Alert, Nunavut, becoming the first woman to hold this position since Alert's inception in the early 1950s.

The December 11 change of appointment ceremony marked this milestone for the station, the most northerly, permanently inhabited location in the world.

Alert military personnel, and civilian guests from Nasittuq Corporation and Environment and Climate Change Canada, which are key integral operational partners at the station, witnessed the handover from MWO

Kevin Wezenbeek to MWO Hansen.

In her remarks, MWO Hansen simply expressed her willingness to move forward in her new role by saying, "I'm ready" to the Station Commanding Officer, Maj Kevin Rubner.

MWO Hansen, a native of Brandon, Man., joined the Primary Reserve in 1992 as an administration clerk. Upon her promotion to master warrant officer, and prior to her position as

incoming Alert station warrant officer, she served as the superintendent clerk at 8 Wing Trenton, Ont.

MWO Hansen was recently invested with the Order of Military Merit at the level of Member (MMM). Created in 1972, the Order of Military Merit recognizes meritorious service and devotion to duty and commitment to Canada by members of the CAF.



LS Shamus King of HMCS St. John's Combat Systems Engineering department works on the ship's Closed In Weapons System (CIWS) during Op REASURANCE.

CPL TONY CHAND, FIS



MTOGS personnel perform during Atlantic transit

The Maritime Tactical Operations Group Tiger Team embarked in HMCS St. John's perform room clearing drills while transiting the North Atlantic.

CPL TONY CHAND, FIS



Une femme occupe pour la première fois le poste d'adjudant de la SFC Alert

Par la capitaine Julie Brunet, à l'aide du contenu de la sous-lieutenant Heather DeWolfe, la 8e Escadre Trenton

L'adjudant-maître (Adjum) Renee Hansen a été nommée adjudant de la SFC Alert, au Nunavut, et est ainsi devenue la première femme à occuper ce poste depuis la mise sur pied de la SFC Alert au début des années 1950.

La cérémonie de passation de commandement du 11 décembre a souligné ce jalon important pour la station, le lieu habité en permanence le plus au nord dans le monde.

Le personnel militaire de la SFC Alert et des invités civils de Nasittuq Corporation et d'Environnement et Changement climatique Canada, deux partenaires opérationnels qui font

partie intégrante des activités menées à la station, étaient présents pour voir l'Adjum Hansen prendre la relève de l'Adjum Kevin Wezenbeek.

Pendant son allocution, l'Adjum Hansen a tout simplement exprimé sa volonté à aller de l'avant dans l'exercice de ses nouvelles fonctions, en déclarant « je suis prête » au commandant de la Station, le major Kevin Rubner.

L'Adjum Hansen, originaire de Brandon, au Manitoba, s'est enrôlée dans la Première réserve en 1992 en tant que commis à l'administration. À sa promotion au grade d'adjudant-maître et avant sa nomination au poste d'adjudant de la SFC Alert, elle assumait le rôle de commis surveillant à la 8e Escadre Trenton, en Ontario.

Récemment, l'Adjum Hansen a

été nommée au grade de Membre de l'Ordre du mérite militaire (MMM). Créé en 1972, l'Ordre du mérite militaire reconnaît le service méritoire, le dévouement au devoir et l'engagement au Canada des membres des FAC.

Mise à niveau des systèmes d'armes des navires de guerre de la MRC

Par Peter Mallett, Journal Lookout.

Le 26 janvier 2018, le ministre de la Défense nationale, Harjit Sajjan, a annoncé un important contrat de dépenses en matière de défense à l'École navale (Pacifique) d'Esquimalt, en C.-B., devant un simulateur système de défense rapprochée (CIWS).

Le contrat de 704 millions de dollars pour la défense est attribué à Raytheon Canada Limited et se concentrera sur l'amélioration des systèmes radar du CIWS. Les systèmes de canons à tir rapide guidés par radar sont conçus pour prévenir les menaces provenant de missiles, de petits navires et d'aéronefs.

« Les investissements stratégiques que nous faisons dans la Marine royale canadienne contribueront à protéger nos marins pendant qu'ils mènent l'éventail complet des opérations dans un contexte de sécurité modern, » a déclaré le ministre Sajjan.

Le CIWS est déjà utilisé par les frégates de la classe Halifax de la Marine royale canadienne et sera également installé sur les nouveaux navires de soutien interarmées après leur construction.

Le commodore Jeff Zwick, commandant de la Flotte canadienne du Pacifique, affirme que les marins sur les frégates de la Marine surnomment affectueusement le CIWS R2D2 et que ce dernier s'est déjà avéré fiable comme dernière ligne de défense contre les menaces extérieures pour les navires de guerre.

« Lorsque nous songeons aux outils essentiels dont nos marins ont besoin pour qu'un navire de guerre canadien soit efficace, le CIWS est extrêmement important, » a souligné le Cmdre Zwick. « Les améliorations apportées au CIWS font en sorte que la Marine est prête à affronter l'incertitude à laquelle nos marins pourraient être confrontés dans l'avenir. »

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RCN officer represents RCN in Tanzania during CUTLASS EXPRESS

By Lt(N) Linda Coleman,
MARLANT PA

Lt(N) Ted Marr was ecstatic when he learned he would be traveling to Tanzania for CUTLASS EXPRESS 2018 (CE18).

"I was excited that I was selected to go. Within the last 12 months I sailed on Neptune Trident 17-01 to West Africa, acted as head of the Canadian delegation to UNITAS PACIFICO while embarked in BAP Quinones in Peru, and sailed on my fourth Op CARIBBE. I was excited I would again have the opportunity to represent Canada in another global engagement mission," said Lt(N) Marr upon arrival on a hot and humid day in Dar es Salaam.

The Royal Canadian Navy (RCN) sent advisors to the east coast of Africa in late January to participate in CE18. RCN contribution to CE18 includes strategic engagements with Mozambique and Tanzania to promote maritime security capacity building.

Lt(N) Marr, along with CPO2 Dale Yerardi, are located in Dar es Salaam, Tanzania, while I and LCdr Paul Smith, senior RCN chief assessor for CE18, are located in Maputo, Mozambique. Both teams are there to provide the Mozambique and Tanzanian Maritime Operations Centres with new ideas and ways they could apply modern maritime security concepts, while supporting and providing mentorship on maritime security awareness, passing on Canadian expertise in this field.

"These global leadership opportunities provide us with a chance to demonstrate to our partner nations our readiness to effectively respond to a range of complex security threats at home and abroad," said LCdr Smith.

In Tanzania, the participants represented all the major players



Lt(N) Ted Marr, one of the RCN advisors sent to CUTLASS EXPRESS 18, presents information on maritime security concepts and awareness to personnel from the Mozambique and Tanzanian Maritime Operations Centres.

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for maritime security including the Tanzanian People's Defence Force, The Tanzanian Maritime Police, the International Maritime Organization, Tanzanian Maritime Coordination Centre, and the Dar es Salaam harbour authority.

"We're being graciously hosted in the Dar es Salaam Maritime Institute, which is a civilian organization responsible for the training and certification of Tanzania's mariners. I was pleasantly surprised of the already strong joint operations and coordination in place in Tanzania with the major players," said Lt(N) Marr half way through the week of capacity building

sessions. "The students are excited to learn. Nearly all of them took meticulous notes during the day's lectures. Some of the Tanzanian naval officers attending the training had served with RCN personnel in UN peace support operations, and were happy to again be working with Canada and the RCN."

Originally from Monroe, Connecticut, Lt(N) Marr joined the RCN in 2009. Born to a Canadian mother from Fredericton, New Brunswick, Lt(N) Marr holds dual citizenship. It was his attendance at Queens University in Kingston, Ontario, and a friend who convinced him to join the local Naval

Reserve Division that led to where he is today. Realizing he wanted to be a mariner in a professional environment while serving his country, he chose the RCN based on his strong connection to Canada and his positive experience with the Naval Reserve. "I pride myself on the high level of professionalism from my co-workers," added Lt(N) Marr when asked why he joined the RCN. "My job has taken me all over the world. I have seen and done so much in the short time I have been in the RCN. I feel extremely fortunate."

After a few days on the ground, Lt(N) Marr admitted that he was certainly less nervous than his first trip to Africa because he felt like he had an idea of what to expect. "I also discovered that Tanzania is a very safe and stable country. I must say that the experience overall has been excellent."

RCN contribution to CE18 concluded on February 9, and all four RCN members who attended will no doubt return to Canada with not only a better understanding of maritime security and awareness in East Africa, but also with a personally and culturally rewarding experience of a lifetime.

Conducted by U.S. Naval Forces Africa, CE18 aims to assess and improve maritime law enforcement capacity, promote national and regional security in eastern Africa, inform planning and operations, and shape security force assistance efforts. The United States African Command sponsors the Express series of engagements which also includes CUTLASS, OBANGAME, and PHOENIX. HMC Ships *Kingston* and *Summerside*, a detachment of personnel from the Maritime Tactical Operations Group (MTOG), and a Maritime Operations Centre mentorship team will also be participating in Obangame Express 2018 later this winter.

Sailor proud to serve his country

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

MS Korey Tynes joined the RCN in 2007 to help people and serve his country.

"The navy has given me the chance to do both with great pride," he says.

MS Tynes, a sonar operator, is employed at the Naval Training Development Centre (Atlantic) in Halifax where he works as an analyst in curriculum control and development for the sonar operator trade. He comes

from a naval background – his father was in the navy and his grandfather served in the merchant navy.

A native of Dartmouth, N.S., he has been deployed overseas three times and will be departing again in the summer of 2018.

"My time in the RCN has been incredible. I have been across the globe and met some of the most amazing people," he says. "I have been places you hear about in movies and built friendships that will last a lifetime with what is a second family. If I had it to do all over again I wouldn't

change a thing. I am nearly halfway through my career in the RCN and expect the second half to be even more exciting than the first."

He says that the highlight of his career so far was being appointed the Maritime Forces Atlantic Formation Master Seaman.

"I am humbled by the opportunity I was given and working with so many amazing people, the senior leadership within the RCN, and on behalf of the junior ranks in the Formation was an exceptional honour," he says.

MS Tynes is active in his commu-

nity and has been a basketball coach with the Bedford Eagles organization for seven years.

"I have had the opportunity to coach my oldest daughter on three occasions and watch some incredible young ladies go on to play for Team Nova Scotia and a couple even for Team Canada."

He has also visited elementary schools with firefighters, police officers and pilots during Black History Month.

Continued on page 17

Des officiers représentent la MRC en Tanzanie au cours de l'exercice CUTLASS EXPRESS

Par le Ltv Linda Coleman,
FMARA AP

Le Ltv Ted Marr a été ravi d'apprendre qu'il allait se rendre en Tanzanie pour participer à l'exercice CUTLASS EXPRESS 2018 (CE18).

« Je suis très heureux d'avoir été sélectionné pour cet exercice. Au cours des douze derniers mois, j'ai participé à l'exercice NEPTUNE TRIDENT 17-01 en Afrique occidentale, j'ai été chef de la délégation canadienne pendant l'ex UNITAS PACIFICO à bord de la frégate BAP Quinones, au Pérou, et j'ai pris part à mon quatrième déploiement dans le cadre de l'Op CARIBBE. C'est merveilleux d'avoir de nouveau la chance de représenter le Canada dans une autre mission mondiale, » a affirmé le Ltv Marr.

La MRC a envoyé des conseillers sur la côte est de l'Afrique à la fin de janvier 2018 pour participer à l'exercice CE 18. Sa contribution comporte des missions stratégiques menées avec le Mozambique et la Tanzanie en vue de promouvoir le renforcement des capacités dans le domaine de la sécurité maritime.

Le Ltv Marr se trouve à Dar es Salaam, en Tanzanie, avec le premier maître de 2e classe Dale Yerardi, alors que le Ltv Linda Coleman et le capitaine de corvette Paul Smith, évaluateur principal supérieur de la MRC pour l'ex CE18, sont à Maputo,



Les deux équipes ont la tâche de proposer aux centres des opérations maritimes du Mozambique et de la Tanzanie de nouvelles idées et de nouveaux moyens avec lesquels ils peuvent appliquer de nouveaux concepts de sécurité maritime.

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au Mozambique. Les deux équipes ont la tâche de proposer aux centres des opérations maritimes du Mozambique et de la Tanzanie de nouvelles idées et de nouveaux moyens avec lesquels

ils peuvent appliquer de nouveaux concepts de sécurité maritime, et de leur offrir des services de soutien et de mentorat axés sur la sensibilisation à la sécurité maritime afin qu'ils puissent bénéficier de l'expertise canadienne dans le domaine.

En Tanzanie, les participants ont représenté l'ensemble des intervenants principaux dans le domaine de la sécurité maritime, dont les Forces de défense du peuple tanzanien, la Police maritime tanzanienne, l'Organisation maritime internationale, le Centre de coordination maritime de la Tanzanie et l'administration portuaire de Dar es Salaam.

« On nous a offert un accueil exceptionnel à l'Institut maritime de Dar es Salaam, une organisation civile responsable de la formation et de la certification des marins tanzaniens. J'ai été agréablement surpris des bons mécanismes de concertation déjà en place avec les principaux

intervenants, » a fait remarquer le Ltv Marr. « Les stagiaires ont envie d'apprendre. Presque tous ont pris méticuleusement des notes pendant les cours. Certains des officiers de la Marine tanzanienne présents aux cours avaient déjà servi avec du personnel de la MRC lors des opérations de soutien de la paix de l'ONU et ils étaient très heureux de pouvoir de nouveau travailler avec le Canada et la MRC. »

Originaire de Monroe, au Connecticut, le Ltv Marr s'est joint à la MRC en 2009. Né d'une mère canadienne de Fredericton, le Ltv Marr possède la double citoyenneté américaine et canadienne. Les études qu'il avait faites à l'Université Queens à Kingston, en Ontario, et les conseils d'un ami l'ont amené à s'enrôler dans la Division de la Réserve navale de la localité, ce qui lui a permis de se rendre où il est aujourd'hui.

Ayant su qu'il voulait devenir marin dans un milieu professionnel et servir son pays, il a choisi la MRC en raison des liens étroits qu'il a avec le Canada et de son expérience positive au sein de la Réserve navale.

« Je suis très fier du niveau élevé de professionnalisme de mes collègues », a ajouté le Ltv Marr. « J'ai eu l'occasion de sillonner le monde grâce à mon travail. J'ai vu et fait tant de choses depuis le peu de temps que je suis à la MRC. Je m'estime très chanceux. »

Après quelques jours sur le terrain, le Ltv Marr a admis qu'il était moins nerveux que lors de son premier voyage en Afrique, car à l'époque il n'avait aucune idée de ce qui l'attendait. « J'ai aussi appris que la Tanzanie était un pays très stable et sûr. Je dois dire que, dans l'ensemble, l'expérience a été excellente. »

La contribution de la MRC à l'ex CE18 prendra fin le 9 février 2018, et les quatre participants rentreront au Canada forts non seulement d'une meilleure compréhension de la sécurité et de la vigilance maritimes en Afrique orientale, mais aussi d'une expérience personnelle et culturelle enrichissante dont ils se souviendront toute leur vie.

Sailor proud to serve his country

Continued from page 16

“This was an opportunity to speak to the youth in the community on what we do as people of colour and what is out there for them as they finish school, as well as building a strong sense of community and belonging for people of African-Canadian descent,” he explains.

He leads an active life, and along with basketball and workouts at the gym, he enjoys spending time with his two daughters.

MS Tynes recommends that anyone interested in joining the navy should look for a trade that interests them.

“If you like to work with your hands, work on electronics, or have a mechanical background there are so many more doors that will open up for you once you start your career with the RCN,” he says. “There is a job waiting here for you with exceptional pay and benefits, along with vast opportunities to see the world.”

He adds that it is the people who make the navy a great place to work.

“These are selfless people who sac-



MS Korey Tynes is an analyst in curriculum control and development for the sonar operator trade, at the Naval Training Development Centre (Atlantic) in Halifax.

MONA GHIZ, MARLANT PA

rice part of their lives in the service of our country. The RCN is moving into the future with a very bright horizon and I am very excited to be a part of it.”



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Marine markers should be handled by explosives experts

By Sara White,
Managing editor, The Aurora

Call the experts.

If you spot a military-issue marker on your regular beach walk, leave it alone, flag it and call your local police service. The markers' chemical residues and potential trace explosives should be professionally handled.

That's Cpl Todd McAvoy's job. He's a member of 14 Wing Greenwood's Explosives Disposal Flight, trained to deal with everything from training flares and marine markers to conventional military munitions as a CAF air weapons technician.

From its home base in Greenwood, the EDF team is responsible for any military ordinance found throughout Western Nova Scotia. The rest of the province, Prince Edward Island and New Brunswick are covered by Halifax's Fleet Diving Unit (Atlantic). Cpl McAvoy says the Greenwood flight could have 40 calls a year; so far in 2017, they've been called out 27 times.

Typically, someone finds a grey, steel, Thermos-type canister along a salt water shoreline. These are generally the remains of marine markers used by military aircraft during training: they drop out of the plane or helicopter, hit the water and emit up to 20 minutes' worth of smoke.

"If aircrews want to track something, they drop a marker in that spot and they're able to follow the water currents and waves. They could drop seven or eight and follow them if they're looking for something on a

search and rescue exercise or call."

The used canisters drift along and often wash ashore – the same as marine rope, broken lobster traps, buckets, driftwood and seaweed. While they're likely well-worn, they should be treated with care by those who find them.

Cpl McAvoy says the canister's smoke comes from red phosphorus inside, reacting with oxygen once the canister is armed and released from an aircraft to make the white smoke. That chemical shouldn't be touched. When the EDF team brings used markers back to 14 Wing, they're destroyed in a controlled explosion, taking care of the last of the phosphorus.

But Cpl McAvoy also cautions about the canister's activation equipment: when aircrew arm the markers, a small explosive works its way through the device to open air channels and activate the phosphorus inside. If that explosive isn't all expired, the marker could be dangerous.

"Don't touch the marker. Don't move it to the top of the tide line. Don't put it in your trunk and bring it home. My advice is, get your GPS coordinates if you can – everyone has a phone, or flag it with something uncommon on a beach – not driftwood or rope. Call the police."

Once local police get the call, they know to contact the EDF team.

"We'll look for it. Generally, we'll bring it back to Greenwood; very few times, we'll blow it up on the spot."

Over the years, the region's tides



Marine markers like these often wash ashore along Nova Scotia's coast. 14 Wing Greenwood's Explosives Disposal Flight wants people to know they should flag their find, call police and wait for the EDF team to handle removal. Residue chemicals and explosives could prove dangerous to untrained handlers.

SARA WHITE,
THE AURORA

seem to leave these marine markers in familiar spots. The EDF team has made frequent calls to the same spots over the years; there aren't too many dirt lanes to isolated beaches and coves the team hasn't been down by now.

Of course, the EDF team also handles other military munitions, for 14 Wing Greenwood and, also, whatever else may turn up in the community.

Cpl McAvoy says it's not uncommon for someone cleaning out a garage or attic to find something grandpa brought home from war service: grenades, old artillery or ammunition. Anything like this of concern to finders should be called in to police. McAvoy says no one will ever get in trouble.

"We just want people to be safe, and let us handle it."

CAF introduces new online Career Transition Tool

By CAF

Members of the CAF have a new tool to help facilitate their transition into the civilian workforce.

MNET, which officially launched October 16, 2017, is a new, free to use, online career transition tool that matches military occupations with civilian occupations and job openings. MNET is short for Military Occupational Structure ID (MOSID) to National Occupational Classification (NOC) Equivalency Tool.

To use MNET, CAF members and veterans just need to enter information about their military career and a matching civilian occupation with job description, as well as a link to relevant civilian employment opportunities on the Government of Canada's Job Bank is produced.

Employers are also able to use

MNET, which can help them to understand a particular military occupation and lets them post forecasted job openings specifically for Veterans.

"It is exciting to see the implementation of this great initiative well ahead of schedule. It would not have been possible without the commitment from interdepartmental cooperation throughout this process," said BGen Mark Misener, the General Officer leading the creation of the CAF Transition Group. "CAF members often think little of the training and experiences that they have amassed during their careers and the weight it can carry over into the competitive labour market."

MNET is the result of coordinated efforts by the CAF's Directorate of Casualty Support Management, the Military Personnel Generation Learning Support Centre, Veterans Affairs

Canada (VAC), and Employment and Social Development Canada (ESDC). For example, in order to allow for the translation of military occupations to civilian equivalents, ESDC provided access to its vast catalogue on occupational information in Canada, which categorizes more than 30,000 occupational titles into groups that are organized according to skill types and levels.

The online tool, based on a United States Department of Labor application, was created and customized for Canadian military needs in large part using existing resources and therefore at a low cost of \$18,000.

"The small cost of this system, when you look at how it will simplify job and personnel searches and make life easier for transitioning members, is really incredible," said Capt (ret'd) Andy Choquette, one of MNET's creators.

In addition to MNET, veterans also have access to VAC's Veterans in the Public Service Unit, which was formed to help veterans navigate the federal public service hiring process. This new unit assists veterans by providing them with possible public service opportunities that match their skills and education, and also works with managers from across the public service to promote the training and experiences of Canadian veterans for employment.

Other components for MNET, such as a military skills translator and a mobile app, will be introduced in the coming months to continue enhancing member readiness for a successful military to civilian transition.

Access to MNET is now available at: <http://caface-rfacace.forces.gc.ca/mnet-oesc/>.

HMCS *Calgary* raises funds to fight cancer

By SLt M.X. Déry,
MARPAF PA

Some ride bicycles for charity, while others prefer raising funds by growing mustaches, but on board HMCS *Calgary* they are foregoing libations.

The 4th annual Lose the Booze campaign by the BC Cancer Foundation is underway and the top fundraising team in the province is currently “Onward”, the team created by *Calgary*’s own, as three of their members have been battling cancer this year.

“I heard an ad for Lose the Booze on the radio,” said Lt(N) Sean Milley, the team’s creator and one of its captains. “I didn’t expect it to turn into what it did.”

Lt(N) Milley was the Above Water Warfare Officer in *Calgary* when he was diagnosed with testicular cancer last year.

“The speed on being told to [beginning] treatment was really fast,” said Lt(N) Milley. The cancer had been caught early and with rapid treatment, Lt(N) Milley’s longterm prognosis is good and he is looking forward to returning to sea.

WO Steven Lewington was the senior firefighter on *Calgary* when he was diagnosed last March with thyroid cancer.

“We were sailing and I mentioned to the physician’s assistant that I was sweating at night,” said WO Lewington.

Once ashore, it was obvious to his doctor that something was wrong in his neck.

“I never thought in a million years that I would have cancer,” said WO Lewington.

Surgery took a few months, and treatment is still ongoing, but the situation is looking positive. When Lt(N) Milley asked him about creating “Onward”, WO Lewington agreed to be one of the captains.

“It seemed like the right thing to get into,” said WO Lewington. “Especially with what was happening with Stephen.”



Team Onward in HMCS Calgary, 57mm main gun in the background. From left to right: Lt(N) Adam Thomson, Lt(N) Sonja Maul-Wilson, SLt Sean Place, Adam Checketts, Team captain Lt(N) Sean Milley, Team captain Warrant Officer Steven Lewington, Lt(N) Cass van Benthem Jutting, Dusty Johnston, Lt(N) Alex Johnston. Absent: 3rd team captain Lt(N) Stephen Tomlinson, who was undergoing cancer treatment.

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Lt(N) Stephen Tomlinson, Lt(N) Milley’s friend and colleague, was the Navigation Officer in *Calgary* when he also came down with testicular cancer at nearly the same time, but was asymptomatic, which delayed Lt(N) Tomlinson seeking aid.

Lt(N) Tomlinson’s cancer was extremely advanced when it was diagnosed months after Lt(N) Milley was well on the road to recovery.

“[The cancer] would have been terminal a few years ago,” said Lt(N) Tomlinson.

Unlike Lt(N) Milley’s quick treatment, Lt(N) Tomlinson will require multiple surgeries to remove tumours throughout his body and hundreds

of hours of high-intensity chemotherapy.

Luckily for Lt(N) Tomlinson, on top of having the requisite dark sense of humour that is necessary for life at sea, he has shipmates who are ready to help. Lt(N) Milley took on the role of designated assistant, to help with administrative matters, so that Lt(N) Tomlinson could have time to deal with his condition.

“I engaged the Navy through it all,” said Lt(N) Tomlinson. “The unit support I got was unequivocal.” As the third captain of the team, Tomlinson believes the Lose the Booze campaign is a natural fit.

“Giving up drinking takes at least one thing off the list,” added Lt(N) Tomlinson, alluding the link between drinking as a risk factor for testicular cancer.

“There is a stigma attached to this kind of cancer,” said Lt(N) Tomlinson, stating that he has made a conscious decision to be vocal about his situation and this form of cancer. “Men need to not be afraid to get checked.”

Lose the Booze was modeled after the UK’s Dryathlon and is meant to

raise funds for cancer patient care and research. “It is meant to be a bit tongue and cheek,” said Rachel Mitchell, Special Development Officer for the BC Cancer Foundation. “You don’t need to have a specific skill set.” As cancer treatment evolves and new equipment is required for diagnostics and care, it can take some time for the government to adopt this new technology. By funding new equipment first, its utility can be proved, thus speeding up the process of mass adaption by the province.

One such item is the PET scanner, which was recently purchased for Victoria for \$5 million by the BC Cancer Foundation. Without this machine, patients needing a full body scan to detect trace amounts of cancer left in the body need to travel to the mainland, something that can be difficult for someone undergoing cancer treatment. Equipment, research and things that improve patients’ quality of life are the foundations main concern. “All our ads are sponsored, so there is no expense,” said Mitchell. “Every dollar raised goes to patient care and research.”

You can follow the progress of Onward online at www.losethebooze.ca



Team captain Lt(N) Stephen Tomlinson and wife, Stephanie Tomlinson.

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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

Mariners men's team wins Regional Hockey gold

By Ryan Melanson,
Trident Staff

After falling short in the 2017 season, the CFB Halifax Mariner's Men's team are once again CAF Atlantic Regional Hockey Champions.

The Mariners took the gold medal with a 6-4 win over the Gagetown Warriors in the final game at the Flyers Arena at 12 Wing Shearwater on February 9.

"It was a real team effort to make it happen. Probably half the players on the team are new for this year and we really came together as a team" said Mariners' team captain LS Jamie Vautour, who played at the National Championship last year as an extra pick-up with the winning Gagetown team.

LS Vautour also gave credit to team coach LS Rhys Davies Smith for his effort in leading practices and getting the team together as often as possible. Extra practice allowed for the group to make up a lack of technical skill by focusing on speed and agility to score goals, he said.

"It's the first time I can remember that we ran practices all year and took it this seriously, which was incredible. Lots of credit goes to the coach."

Scoring for the Mariners in the hard-fought championship game included LS Anton Manson with two goals, and OS Triston Manson, LS Robert Sandford, Maj Ali Laaouan, and MS Kevin Saunders with one goal each.



The CFB Halifax Mariners men's team were gold-medal winners at the CAF Atlantic Regional Hockey Championship, held from February 5-9 at the Shearwater Arena.

RYAN MELANSON, TRIDENT STAFF

Earlier in the tournament, the Mariners claimed wins over Shearwater (5-2) and Greenwood (4-2), along with a tie against Gagetown (4-4), to win a bye through to the finals. Top contributors for Halifax through the round-robin portion included Maj Laaouan with 5 points on 4 goals and 1 assist, MS Saunders with 4 points on 2 goals and 2 assists, LS Vautour also with 2 goals and 2 assists, and OS Manson with 4 points on 1 goal and 3 assists.

The women's side of the tournament marked a shakeup in hockey for the Atlantic region, with the 14 Wing Greenwood Raiders taking a 2-1 victory over Gagetown in the championship game. Prior to the 2018 tournament, the Halifax Mariners women's squad were regional winners for five straight years.

"The whole team's very excited to be going to nationals. We can't wait," said Greenwood team Captain Cpl Hannah DeBoer after being handed the 2018

Regional Championship banner.

Both of Greenwood's goals in the final game came from Avr Brooke Taylor, with assists credited to Maj Elizabeth van Oostrum, Cpl Jessica Bruce and MCpl Ashley Barker.

The teams will now represent the Atlantic Region when the CAF National Hockey Championship takes place at CFB Borden next month. The men's tournament is scheduled for March 3-8 and the women's runs from March 5-9.



Mariners assistant captain LS Anton Manson battles for the puck during the final game against Gagetown.

RYAN MELANSON, TRIDENT STAFF



Greenwood Raiders women's team captain Cpl Hannah DeBoer gets ready to fire off a shot during the gold-medal game against the Gagetown Warriors.

RYAN MELANSON, TRIDENT STAFF



Fitness and sports updates

By Trident Staff

The CFB Halifax badminton team is looking for members to compete in the regional tournament in Gagetown March 26-29, 2018.

Currently there are two openings for males in the age category of 45+ and two openings for female players of any age.

If interested, please contact PO2 Dylan Harrold at 721-8222.

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



Fitness classes at sea

Members of HMCS St. John's participate in a Physical Training Class (PT) led by the embarked Personnel Support Program fitness instructor while transiting the North Atlantic.

CPL TONY CHAND, FIS

Winter Olympics sports trivia, part 2

By Stephen Stone and Tom Thomson

Questions

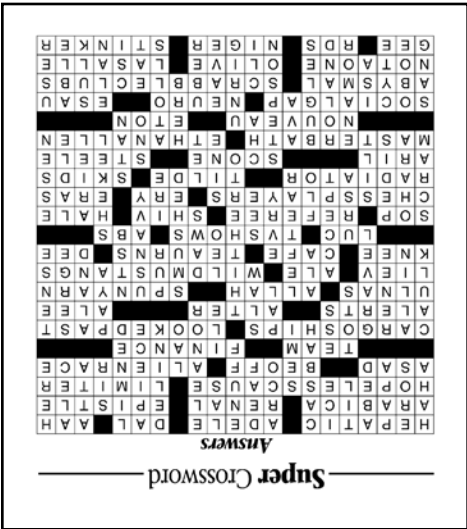
- 1. As a result of the judging scandal in Salt Lake City, 2002, Russian Skaters Elena Berezhnaya and Anton Sikharulidze were awarded co-gold medals with this Canadian pair.
- 2. At the 1998 Nagano games this Canadian “stoner” snowboarder was disqualified and then had his gold medal re-instated because marijuana was not listed as a banned substance at the time.
- 3. This skeleton racer gained instant folk hero status among Canadian sports fans by celebrating with a big swig of beer after winning gold at the 2010 games in Vancouver. He was being interviewed live on television at the time.
- 4. In 2006 this Canadian skeleton racer became the oldest Canadian to win an individual gold medal at the Win-

- ter Olympics.
- 5. In 2006 he became the oldest Canadian to win a gold medal when Brad Gushue recruited him to join his curling team at the Olympics.
- 6. After curling regained full medal status at the winter games in 1998, she skipped Canada's team to a gold medal defeating Denmark in the final.
- 7. These 4 women made up Canada's two women bobsleigh team in 2010 and won both gold and silver medals.
- 8. He was an integral part in Canada's double gold in ice hockey in 2002 at Salt Lake City. He did the Loonie thing.
- 9. In Alpine skiing he is the king of the hill with 8 medals – 4 gold 2 silver and 2 bronze.
- 10. This Croatian is the Queen of the Alpine hill with six medals – 4 gold and 2 silver.
- 11. This Norwegian is definitely regal in the biathlon with 8 gold medals.

- 12. He won Canada's only Alpine skiing medal in Sochi, 2014.
- 13. He defended his moguls 2010 gold medal with a repeat performance at Sochi.
- 14. Her record as the youngest winner of gold in St. Moritz held for 74 years.
- 15. 1960 marked the first year women were allowed to compete in speed skating. Who was the Russian woman who won the 500, 1000, 1500, and 3000 metre races in 1964?
- 16. Why did Mary Myers, Dianne Holum, and Jennifer Fish all receive silver medals at the 1968 winter games in Grenoble?
- 17. What did Terry Kubicka accomplish for the first time in figure skating during the competition in Innsbruck in 1976?
- 18. When did the Jamaican Bobsled team make its debut?
- 19. She was the first woman to win 3 consecutive gold medals in the 500

- metre speed skating event.
- 20. Which team won the first gold medal in women's ice hockey at the Winter Olympics?

Answers on page 23



Mariners basketball team looking for gold at CAF Regionals

By Ryan Melanson,
Trident Staff

After a dominant streak from 2011-2014 that saw the CFB Halifax Mariners take home four consecutive national titles, the men's basketball team has fallen short for the last three years. They're looking to return to winning ways however, and that begins on February 21 when the CAF Regional Basketball Championship kicks off in Halifax.

"On paper we have a great roster and we can really compete and have a chance to win," said returning team coach and PSP Fitness and Sports Coordinator Kevin Miller. The possible issue involves timing – with some players recently returning from deployment and others away on course or due to other factors, practice time has been very limited in the weeks leading up to regionals. Miller said he expects both Gagetown and 14 Wing Greenwood to bring strong rosters to Halifax for the tournament, and that a gold medal at the regional level is far from guaranteed, even if Halifax has taken it each year for more than a decade.

Returning for this year are standout players from previous seasons like Lt(N) Cody Brown, MS Mike Stainton, Capt Nic Leger, LS Stephen Awalt,

and Pte Jonathan Ryer, but the full squad will have barely two weeks to practice, play a few city-league games and try to come together as a group.

"We'll take the two weeks we have and up the intensity and hopefully we can get everyone on the same page," Miller said.

And as the men's tournament takes place at STADPLEX, a women's Regional Development Camp will take place alongside it for the third year in a row. Hosted by the Dockyard Gym, the camp will see female members from across the region work with Capt Russ Payne, Acadia Coach Kevin Duffie and MSVU Coach Mark Forward for three days to further develop their skills. The hope is to build up to full regional and national tournaments for CAF women's basketball in the coming years.

The CFB Halifax Mariners men's basketball team fell short against CFB Trenton in the finals of the CAF National Basketball Championship in 2017. They'll shoot for gold this year, but first need to get past the CAF Regionals, which begin February 21 at the STADPLEX Gym.

AVR RACHAEL ALLEN, CFB BORDEN IMAGERY



Playing hockey in Hamburg

RCN members currently deployed in HMCS St. John's, participate in a hockey game with a local team from Hamburg, Germany during a port visit to Hamburg during Operation REASSURANCE on February 3, 2018.

CPL TONY CHAND, FIS



Super Crossword

WE INTERRUPT THIS PROGRAM

ACROSS

- 1 Of the liver
- 8 "Hello" singer of 2015
- 13 The Cowboys, on scoreboards
- 16 "That feels ni-i-ice!"
- 19 Variety of coffee
- 20 Of the kidneys
- 21 Book like Titus or Jude
- 23 * Futile endeavor
- 25 Restricting factor
- 26 "What -- state of affairs"
- 27 Go away
- 28 * Non-earthlings
- 30 Cowboys or Raiders
- 32 Money matters
- 34 * Freight vessels
- 40 * Saw beyond
- 45 Sirens, say
- 46 Rearrange
- 48 Safe, asea
- 49 Arm parts
- 50 Imam's God
- 52 Twisted fiber used in textiles
- 56 Tony-winning Schreiber
- 57 Bitter beer
- 58 * Feral horses of the West
- 61 Bending body part
- 62 Diner cousin
- 64 Samovars, e.g.
- 65 Unwelcome grade
- 66 Sci-fi captain Jean- -- Picard
- 68 Their names are divided in the answers to the starred clues
- 70 Muscles to crunch

- 72 Absorb
- 75 Ring arbiter
- 77 Hood's blade
- 79 Not sickly
- 83 * People trying to get mates
- 86 Suffix with 121-Down
- 87 Distinctive periods
- 88 Heating device
- 89 Pinata topper?
- 91 Slips on sleet
- 92 Seed casing
- 93 Crumpet alternative
- 95 "Remington --"
- 96 * It often adjoins a big bedroom
- 101 * Folk hero of Vermont
- 104 -- riche
- 106 British prep school
- 107 * Result of income inequality
- 111 Prefix with surgeon
- 114 Genesis twin
- 118 Dreadful
- 119 * Their members love drawing blanks
- 123 Zero
- 124 Bar garnish
- 125 French explorer who named Louisiana
- 126 "Goodness!"
- 127 St. crossers
- 128 Niamey site
- 129 Scoundrel

DOWN

- 1 "Very funny"
- 2 Lustful god
- 3 Daddy
- 4 Tucked in
- 5 Up to, in brief
- 6 Drink cooler
- 7 Algiers area
- 8 Western gas brand
- 9 Unheeding
- 10 "Tuff --" (1986 hit)
- 11 Vegas intro?
- 12 Powell of film
- 13 Break the connection of
- 14 For each
- 15 Described
- 16 "-- girl!"
- 17 Baldwin of Hollywood
- 18 "Take it"
- 22 Knight's title
- 24 Huge hauler
- 29 Vietnamese neighbor
- 30 Little kids
- 31 Double curve
- 33 Spot in la mer
- 34 Waterproof sealant
- 35 Dog-tired
- 36 Zellweger or O'Connor
- 37 Fishtank bed
- 38 Comrade
- 39 Picnic side
- 41 -- visit (call)
- 42 "... from -- down under" (1981 hit song lyric)
- 43 Coat fabric
- 44 Not relaxed
- 47 Until then
- 50 "Carte" start
- 51 Body part cut by van Gogh
- 52 Compacted, informally
- 53 Big water filter brand

- 54 Seabees' mil. branch
- 55 Fed. crash prober
- 57 Agree to
- 59 Zodiac lion
- 60 Yogi Bear voicer Butler
- 63 "Climb -- Mountain"
- 67 Stellar bear
- 69 Espy
- 71 Israeli coin
- 72 "Beat it!"
- 73 Butler's Scarlett
- 74 Toenail treatments, for short
- 76 Waitress at Mel's Diner
- 78 State of fury
- 80 Disney mermaid name
- 81 Gravy spoon
- 82 German steel city
- 84 River deposit
- 85 Trig function
- 90 Tennis call
- 91 Kenton of jazz
- 93 Squelches
- 94 Dance move, when tripled
- 95 -- Balls (snack brand)
- 97 Infatuate
- 98 Tennis' -- Garros Stadium
- 99 Elk sounds
- 100 Gardner of old movies
- 102 Spice's kin
- 103 Coral rings
- 105 Strip of gear, nautically
- 107 Did vocals
- 108 English horn relative
- 109 Cell: Suffix
- 110 "This -- recording"
- 112 Gutter site
- 113 On-demand taxi service
- 114 Vivacity
- 115 Mope
- 116 Adept
- 117 PC sort?
- 120 Roman 151
- 121 Have dinner
- 122 "Cyber" CBS series

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Questions on page 21

Answers

- 1. Jamie Sale and David Pelletier
- 2. Ross Rebagliati
- 3. Jon Montgomery
- 4. Duff Gibson, 39 years old
- 5. Russ Howard
- 6. Sandra Schmirler
- 7. Kaillie Humphries and Heather Moyse – gold (this team also won gold in Sochi); Helen Upperton and Shelley-Ann Brown – silver
- 8. Trent Evans, the ice maker from Edmonton who embedded the mystical loonie at centre ice.
- 9. Kjetil Andrte Aamodt of Norway
- 10. Janica Kostelic
- 11. Ole Einar Bjoerndalen
- 12. Jan Hudec
- 13. Alexandre Bilodeaux
- 14. Sonje Henie
- 15. Lidya Pavlovna Skoblikova
- 16. They all finished the 500 metre reace in 46.3 seconds.
- 17. He performed the first back flip in competitive figure skating history.
- 18. 1988, Calgary
- 19. Bonnie Blair
- 20. The United States of America beat Canada 3-1 for the gold.

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