



# TRIDENT

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

## First AOPS is launched

*The future HMCS Harry DeWolf is slowly lowered into the Bedford Basin for its launch on Saturday, September 15, 2018.*

AVR BRADEN TRUDEAU, FIS



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**CAF Soccer championship** Pg. 20

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# NDWCC 2018: your involvement matters

By Capt(N) D.E. Mazur,  
CFB Halifax Base Commander

On October 1, the day this issue of the Trident is published, many of our Defence Team personnel will be gathered at the Stadacona Fitness, Sports and Recreation Centre for MARLANT's official 2018 National Defence Workplace Charitable Campaign (NDWCC) kick-off event.

As MARLANT's newest NDWCC Campaign Champion and someone who, admittedly, hasn't lived on the East Coast in many years, I look forward to events such as this kick-off. Why? Because they allow our members to come together as a team, have some fun and – most importantly – engage with local and national charities that positively impact our members, our neighbours and our communities in this region and across the country every day.

In line with *Strong, Secure, Engaged*, this year's NDWCC campaign theme – *The Defence Team stands Shoulder-to-Shoulder for Canadian charities: everyone wins!* – pushes us to be strong and unified here at home for the benefit of all Canadians, including our members. Part of this unified effort is to be engaged in the campaign in meaningful ways.

Meaningful engagement, of course, differs from one person to the next. CFB Halifax supports a workforce of over 10,000 military and civilian personnel who are all in various stages of their careers, constantly juggling the unique demands of their professional and personal lives. Whether you're a young sailor or senior officer, a single parent, married with children, or experiencing the challenges of a deployment, major life event or otherwise, there are many ways to engage in the NDWCC that can work within the unique framework of your life.

Giving of your time (planning or attending NDWCC events), your

money (contributing through payroll deductions and fundraisers), your skills (volunteering) – these methods of engagement all matter. Take some time, do your research and find out what works for you. In doing so, it's important to ask yourself: Why do I give? For me, there is a clear answer to this question, as my family has been personally touched by cancer. My mother passed away from breast cancer, so I have a strong motivation to support organizations that are making positive strides in cancer research and those that provide support to individuals and families impacted by this disease.

If you don't have this natural connection to a specific charity as I do, why not consider donating to organizations that support our Defence Team members and their families directly? Our Halifax & Region Military Family Resource Centre, Support our Troops and the Royal Canadian Naval Benevolent Fund are all great options. You can also donate more broadly to the United Way or HealthPartners and they will determine which charities can benefit most from your contributions.

Just remember: Whether or not you think you need help now, you or someone you know does, or will at some point, rely on the programming, research, skills and expertise offered by charitable organizations in our region and across the country. When canvassers visit your units in the coming months, take some time to listen and ask questions. Educate yourself. Find a way, big or small, to become involved. Every bit counts.

The more we can stand shoulder-to-shoulder to support our communities, the stronger they will become. The stronger our communities become, the stronger our Defence Team will be. And a strong Defence Team, at home and abroad, is good for everyone.

# Cape Scott kicks off NDWCC with games, music, and food for a good cause

By Ryan Melanson,  
Trident Staff

As the formation enters the busy fall season, that also means the beginning of the fall 2018 National Defence Workplace Charitable Campaign (NDWCC), which will encourage defence community members across Halifax to contribute their time, financial resources and skills to worthwhile charities that do important work in the region.

On September 11, Fleet Maintenance Facility Cape Scott hosted its annual NDWCC kickoff, to be followed by events at Stadacona and 12 Wing Shearwater, inviting charity representatives to the dockyard to meet with potential donors and enjoy an afternoon of fun and fundraising.

Capt(N) David Benoit, the new Commanding Officer of Cape Scott, said he's always been a supporter of NDWCC, and was happy to have his unit help start up this year's campaign in Halifax.

"This is all about the charities, the people who will actually use the money we raise here to good effect in our community," he said.

"We're so happy to have all our people out with their families, and to have the United Way and HealthPartners and their teams here to launch the NDWCC campaign for MARLANT."

Representatives from the United Way and HealthPartners were on hand to speak to the crowd and thank the base for the support each year, while the area was also lined with individual booths from the many charities that receive support from NDWCC. This included the United Way itself, groups under the HealthPartners banner like ALS Canada, Alzheimer Society, and the Canadian Lung Association, as well as others like the Halifax & Region MFRC, East Preston Daycare, Chebucto House, Adsum for Women & Children, and more.

"Whether we realize it or not, there are people all around us and people within this organization who use the services of these organizations daily. Your contributions help them, and you should take pride and joy in knowing that," Capt(N) Benoit said.

Aside from the opportunities to learn more about the various charities on hand, the afternoon also saw live music led by FMF employee Gary Steffen and a number of talented musicians from the unit's large civil-



FMF members sell raffle tickets during the Dockyard NDWCC kickoff event.

MARGARET CONWAY, BASE PUBLIC AFFAIRS



FMF employee Gary Steffen, left, led the band and served as host and emcee of the NDWCC kickoff event held outside D200 in HMC Dockyard on September 11.

MARGARET CONWAY, BASE PUBLIC AFFAIRS

ian workforce, and volunteers also manned the barbecues to keep the crowd fed and raise money through food sales. Raffle tickets and \$1 games like darts, plinko, and washer toss presented even more ways to have some fun while supporting NDWCC.

Unit Coxn CPO1 Shawn Coates said the entire FMF team, both civilian and uniformed, deserved credit for the teamwork shown in organizing and carrying out the event, with special thanks going to Mr. Steffen, Brian Lambe, and Lt(N) Mike Baskin for being key supporters.

More than \$500,000 was raised by MARLANT and CFB Halifax through last year's NDWCC campaign, contributing to \$3.6 million raised nationwide across DND, and the formation is being encouraged to top that total for this year. To that end, members were reminded that there are number of ways to donate, including through e-pledge, a secure online platform, or through the forms distributed by unit NDWCC reps. It is also understood that some people have preferred charities that fall outside of the United Way, HealthPartners, or other regular NDWCC recipients, and donations made to any registered Canadian charity can be counted toward NDWCC totals.







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Members of HMCS Halifax perform Ship Without Air Detachment training with a US Navy Cyclone, Codename Slayer, on board Halifax en route to PASSEX.

AB JOHN IGLESIAS, FIS

## U.S., Canada wrap up bilateral maritime ops

By USS Harry S. Truman  
Carrier Strike Group Public Affairs

The Harry S. Truman Carrier Strike Group (HSTCSG) and the Royal Canadian Navy concluded three days of bilateral operations in the North Atlantic on September 12.

The multi-day event, under the direction of U.S. Northern Command's Navy Component Command, U.S. Navy North, was comprised of training evolutions geared towards partnership building and enhancing interoperability between the two nations, to include liaison officer exchanges, rotary wing deck landing qualifications, replenishment at sea, and advanced surface ship maneuvering operations.

"Canada is a vital partner in ensuring security in the North Atlantic and our homeland," said RAdm Gene Black, commander of Harry S. Truman Carrier Strike Group. "The opportunity to train with the Royal Canadian Navy enhances our proficiency and interoperability, and strengthens our long-standing alliance as we work as one team to achieve common goals."

Bilateral exercises between the U.S. and Canada contribute to building a more lethal force through realistic training in a challenging environment, while strengthening the NATO alliance.

"These training opportunities provide our sailors the skills needed to operate in a complex, multi-national environment," said Com-

modore Craig Skjerpen, Commander Canadian Fleet Atlantic. "Our close partnership with the USN was forged over decades and this training demonstrates our continued ability to provide professional and capable forces that are ready to operate with our partners, whether it is here at home in the North Atlantic or elsewhere in the world."

Canada and the U.S. regularly participate in combined exercises and operations. The two NATO allies most recently participated together in larger scale exercises, RIM OF THE PACIFIC (RIMPAC) 2018 and CUTLASS FURY 2016. The most recent bilateral exercises between U.S. and Canada were Task Group Exercise 2015 and TRIDENT FURY 2013.

Exercise participants included Royal Canadian Navy frigate HMCS Halifax (FFG 330), Nimitz-class aircraft carrier Harry S. Truman (CVN 75), guided missile cruiser USS Normandy (CG 60), guided-missile destroyers USS Forrest Sherman (DDG 98) and USS Arleigh Burke (DDG 51), and squadrons from Carrier Air Wing One (CVW-1).

HSTCSG continues its scheduled deployment to conduct maritime security operations, provide crisis response capability, and increase theater security cooperation efforts and forward naval presence in the U.S. 2nd Fleet area of operations.

For more information, visit [www.facebook.com/ccsg8/](http://www.facebook.com/ccsg8/), [www.facebook.com/USSTruman](http://www.facebook.com/USSTruman), or [www.navy.mil/local/cvn75/](http://www.navy.mil/local/cvn75/).



HMCS Halifax joined the Harry S. Truman Carrier Strike Group (HSTCSG) guided missile destroyers US Ships Arleigh Burke (DDG 51) and Forest Sherman (DDG 98), guided-missile cruiser Normandy (CG 60), strike-fighter jets from Carrier Air Wing 1 and the strike group flagship, aircraft carrier USS Harry S. Truman (CVN 75), for a formation exercise off the coast of Halifax, Canada. HSTCSG conducted integrated operations with the Royal Canadian Navy across multiple warfare areas focused on defense of the homeland, and increasing interoperability and proficiency in conducting allied operations in the Atlantic.

MASS COMMUNICATION SPECIALIST 2ND CLASS THOMAS GOOLEY



HMCS Halifax and USS Harry S. Truman participate in the formation exercise off Halifax, NS.

MASS COMMUNICATION SPECIALIST 2ND CLASS THOMAS GOOLEY

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# 2018

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Publication  
Schedule  
for 2018

January 8 — MFRC; 12 Wing Shearwater centenary special  
January 22  
February 5 — MFRC; Money Matters  
February 19  
March 5 — MFRC  
March 19 — Posting Season  
April 2 — MFRC; Car Sales, used  
April 16 — Spring Automotive Maintenance  
April 30 — Battle of the Atlantic special  
May 14 — MFRC  
May 28 — Spring Home & Garden  
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  
September 17  
October 1 — MFRC, Fall Home Improvement  
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 that one year from publication date. Submissions may be edited.

615 (Bluenose) Royal Canadian  
Air Cadet Squadron

Time: 6:15-9:15 p.m.

Date: Wednesdays

Location: CFB Halifax

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

2632 Royal Canadian Army  
Cadet Corps

Time: 6:30 p.m.

Date: Mondays

Location: Bayers Lake

Join 2632 Royal Canadian Cadet Corps in Bayers Lake. We provide the experience, you provide the memories. Find us at 6:30 p.m. on Mondays at 73 Hobsons Lake Drive in Bayers Lake.

Mi'kmaq Treaty Day

Date: Monday, October 1

Location: Province House/Grand  
Parade Square

CAF members are invited to events marking the 32nd annual Mi'kmaq Treaty Day in Nova Scotia. Treaty Day is held each October to highlight the importance of the treaties signed from 1725 to 1761 between the Crown and the Mi'kmaq people. Ceremonies in Halifax will include a flag raising

at Government House at 8:30 a.m., followed by Treaty Day church services at St. Mary's Basilica at 9:30 a.m. At 10:45 a.m., the Veterans Parade of Honour will march up Barrington Street toward the Grand Parade Square. A veteran's address will be delivered at the Grand Parade by HCol Donald Julien, a member of the Mi'kmaq Grand Council and Senior Aboriginal Community Advisor for the Atlantic Defence Aboriginal Advisory Group.

DEFSEC Atlantic 2018

Date: October 2-4

Location: Cunard Centre

The Canadian Defence Security and Aerospace Exhibition Atlantic is a major networking opportunity for the Aerospace, Defence and Security industries - the second largest of its kind in Canada. Focused on showcasing Atlantic Canadian opportunities, the show's worldwide reach creates partnership potential for all attendees. Incorporating elements of both a trade show and a defence procurement conference, it provides access to "the right people" in an engaging and professional setting. Registration is free for currently-serving CAF members, including access to the Exhibition Hall and Seminar Series for both days. Visit http://defsecatlantic.com for more information and to register.

The Story of the Steamer Queen  
Victoria

Time: 7 p.m.

Date: Thursday, October 18

Location: Maritime Museum of  
the Atlantic

Join author John G. Langley as he launches *Canadian Confederate Cruiser: The Story of the Steamer Queen Victoria*. This never-before-told story documents the life of the steamer that transported the Fathers of Confedera-

tion from Quebec to Charlottetown and back, and later became embroiled in an unlikely cross-border tug-of-war over her bell. John G. Langley is also the well-known author of *Steam Lion*, a biography of Samuel Cunard, the shipping magnate born in Halifax.

'Til We Meet Again

Time: 2 p.m.

Date: Saturday, November 10

Location: Halifax Central

Library

Maritime Forces Atlantic is proud to present the 16th annual 'Til We Meet Again concert, Saturday, November 10 at 2 p.m. at the Halifax Central Library, 5440 Spring Garden Rd. The concert features the 36 Canadian Brigade Group Band and special guest performers in support of the Camp Hill Veterans' Memorial Garden at the QEII Health Sciences Centre. Don't miss this inspiring afternoon of wartime favourites and modern music. Admission is free.

Tuesday Night Talks: HMCS

Kootenay

Time: 7 p.m.

Date: Tuesday, November 13

Location: Maritime Museum of  
the Atlantic

On October 23, 1969 an explosion and fire in the engine room of HMCS *Kootenay* killed nine men and injured 53 others. This incident changed the way Canada and other Navies around the world trained their crews for disasters at sea. This presentation will be given by *Kootenay* survivor Steve Rowland, and will address some of the changes that came about as a result. Rowland served in the Navy for seven years during the 60s and 70s, and has moved back to Halifax after nearly 40 years in Ontario. He is also currently the Director of Education for the Canadian Naval Memorial Trust.

## Look, Listen and Learn: Be Aware Fire Can Happen Anywhere

By Dave Crowe,  
Chief Fire Inspector,  
DND Fire Service

Fire Prevention Week for 2018 runs from October 7-13. These dates are significant because Fire Prevention Week is centered on the Great Chicago Fire that occurred on October 8, 1871, as well as the Peshtigo Fire in Wisconsin on the same date. Both fires caused severe devastation in loss of property and lives.

Each year there is a new theme to concentrate on the awareness of fire safety. This year's theme is Look, Listen and Learn – Be Aware Fire Can Happen Anywhere. This theme covers a lot of areas when thinking about fire safety; let's break the theme down a bit.

**Look:** During this week, as well as every day, go through your home (and or work area) and LOOK for potential fire hazards and take care of them. Some actions to take are

– remove excessive combustible materials that maybe accumulating in one or more areas, remove all unnecessary extension cords that may be plugged into a wall receptacle, any appliances with frayed electrical cords should be replaced, and ensure when using candles do not leave them unattended. These are only a few suggestions – see if you can find more.

Continued on page 5



# Look, Listen and Learn: Be Aware Fire Can Happen Anywhere

*Continued from page 4*

**Listen:** You must LISTEN for the sound of your smoke detector. When it activates, evacuate the house using the closest exit, staying low to the floor if there is smoke, and go to the agreed upon meeting area. Always have a home escape plan. Draw a map showing all the doors and windows in the house that can be used to exit the home. Have two ways out of a room. Discuss the escape plan with all family members and practice the plan at least twice a year. Make sure everyone knows where the agreed meeting place will be once out of the house. It's also important to remember not to go back into the house during a fire, and to ensure 911 is called.

**Learn:** Being fire safe within the home as well as at work is a team effort. Fire Prevention Week is always a good week to learn fire safety tips because the fire safety tips are highly advertised, but don't just wait for Fire Prevention Week. Research or reach out to your closest fire station in your area and LEARN what can be done to keep your home fire safe. Things that can be done are as follows: ensure all bedrooms have smoke detectors installed, smoke detectors should be installed outside of the bedrooms as well. Ensure all floor levels in the home, including the basement, have smoke detectors and have them interconnected so that they all sound off when 1 detector is activated. Remember to test the smoke detectors once a

month and change the batteries twice a year. Smoke detectors older than 10 years need to be replaced. Sprinkler systems are now being installed in homes and have proven to be quite

effective during a fire; they reduce property damage where water is applied to the fire upon activation of the sprinkler head. These are only a few things that can be done to keep the

home safe from fires. For more information, contact your local fire department or visit the following websites: <http://www.firecan.ca/> or <http://www.nfpa.org>.



## HMCS Charlottetown wins Admiral's Cup

*RAdm Craig Baines presents the Admiral's Cup to the Command Team and ship's company of HMCS Charlottetown on Tuesday, September 18, 2018.*

AB JOHN IGLESIAS, FIS

# Having purpose

**By Capt Glen Eagleson,**  
Chaplain FCC(P) / MFRC / RCSU(A)  
Chaplain Coordinator, CFB Halifax

One of the many things we need to get done during posting season are home inspections. We are either buying and so, wanting issues to arise for negotiating, or selling, and nervously hoping that the home inspector will find nothing. I recently saw an article entitled, 100 Scariest Home Inspection Pictures and some of them were downright hilarious. I should confess that there were a couple pictures I thought, "Yeah, I might have done that." We've all had those MacGyver moments around the house; you don't have the exact right item for the job or you just don't want to spend the money so you improvise. Ok, so maybe I've done this a lot more than I'd like to admit.

Or maybe you've done it with tools. You need a hammer but the only thing you have close at hand are vise grips. Hands up if you've ever used vise grips as a hammer! It is near impossible to hammer in even the smallest

nail with vise grips. Believe me, I've tried. I've had many a beat-up finger as the vise grips careen off the nail and whack my hand. But then, what do I expect, they were never intended to be used like this. What I'm talking about is – purpose, everything ever made was made for a purpose. That includes you. You were created with a purpose.

A couple thoughts on this:

1. Creator knows best. Who else knows better about how something is put together, how it is best used and what its purpose is than the one who made it. In the Bible we read, "I am your Creator. You were in My care even before you were born." Isaiah 44:2.

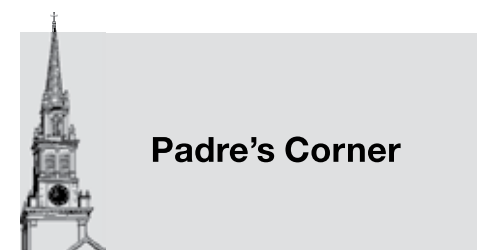
This is God speaking. Elsewhere in the Bible we are told that God "knit us together in the womb", that "before we were born He knew us". So, if you want to know your purpose then who better to ask than the one who created you.

2. Purpose brings peace. One of the first things you realise when you are MacGyver-ing something or using a tool outside of its intended purpose

is how frustrating it is. The work is harder, it doesn't look pretty and there is often an injury involved. You get frustrated. All that tends to go away when something is working within its intended purpose.

Life is like that. You will have an underlying sense of frustration in life if you are working outside of your intended purpose. Again we read in the Bible, "You, LORD, give perfect peace to those who keep their purpose firm and put their trust in You." Isaiah 26:3

Are you in need of some peace in your life? Maybe the problem is you



are living outside of your intended purpose?

So where would people start if they wanted to discover their purpose? I would suggest that you can find all the answers in the Bible, God's instruction to us on what life is all about. If you don't have a Bible, drop by a chaplain's office and you can get a free copy. Now that's a great start to discovering your purpose.

## COME TO WORSHIP

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*"In the beginning was the Word, and the Word was with God, and the Word was God"*

*- Gospel according to John*



# CANEX celebrates 50 years of serving the CAF

By Ryan Melanson,  
Trident Staff

The Canadian Forces Exchange System was established in 1968, and five decades later, CANEX is still going strong, operating 35 retail locations at bases and wings across the country.

Members of CFMWS and the CFB Halifax community recently came together to mark this 50-year milestone, gathering at the Stadacona CANEX on September 12 for coffee, cake, and to check out some of the store's 50th Anniversary Sales.

Store manager Glenn Banfield, who oversees the CFB Halifax and 12 Wing Shearwater locations, highlighted the change over the last 10 years that sees CANEX reinvest a portion of sales profits back into base and wing funds. In Halifax, this has resulted in annual presentations of as much as \$200,000, and more than \$30 million has been reinvested across the country since the initiative began. These funds help support a variety of sport and recreational programs.

"We've changed our vision to be very much focused on the CAF and on giving back; we're proud of that



From left, CANEX Halifax Manager Glenn Banfield, CPO1 Wesley Whitlock and Cdr Derek Vallis cut the cake before serving it to guests at the CANEX 50th Anniversary celebration held at the Stadacona retail store on September 12.

MIKE BONIN, BASE PUBLIC AFFAIRS

and we're proud to have everyone as patrons," Banfield said.

Banfield also presented a number of CANEX 50th Anniversary commemorative coins, which have been specially produced for the occasion, to

members of his staff.

Cdr Derek Vallis was at the birthday celebration to thank staff and management for their continuing success on behalf of Base Commander Capt(N) David Mazur, and noted that

CANEX has long provided good service to the base community, which is now amplified by the focus on giving back.

"For an organization to exist for 50 years serving those who serve isn't easy. The work and the effort they've put in has been very impressive, and we just hope they keep going forward for another 50 years and we eventually get to talk about hundreds of millions of dollars given back," he said.

In a national press release, CANEX said it plans to continue partnerships with businesses like Tim Hortons and Subway, and to continue emphasizing its brand as Canada's Military Store at its retail locations and its online shop.

"CANEX's 50-year history of providing retail and commercial services, in a highly competitive retail industry, is a testament to our responsiveness to our customers," said Larry Mohr, Vice-President of Commercial Services for CFMWS.

"CANEX is committed to offering unique and branded merchandise with an exceptional customer experience, centered on being competitive, convenient, and relevant to our members, their families, and the extended CAF community."

## SURVEY

ON SEXUAL MISCONDUCT

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Operation  
HONOUR

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Opération  
HONOUR





During the community day in Iqaluit held as part of Op NANOOK 2018, Commodore Steven Waddell (left), and Cdr Nathan Decicco speak with Canadian Rangers Sgt Kevin Kullualik, Sgt Harry Ell and Sgt Paul Nuyalia.

MONA GHIZ, MARLANT PUBLIC AFFAIRS



Cdr Nathan Decicco, outgoing Commanding Officer of HMCS Charlottetown, spoke to members of the Royal United Services Institute of Nova Scotia on September 19, focusing on his recent experiences in the Arctic on Op NANOOK.

RYAN MELANSON, TRIDENT STAFF

# Challenge of Arctic operations highlighted on Op NANOOK

By Ryan Melanson,  
Trident Staff

During HMCS *Charlottetown's* recent Arctic deployment to Operation NANOOK, while transiting from Iqaluit to Nuuk, Greenland, the ship was dealt a major engineering setback. A gear box failure in the engine room led to *Charlottetown's* diesel propulsion engine being taken offline, meaning the ship was forced to operate with both gas turbines, using huge amounts of fuel in the process.

"We were faced with this extraordinary fuel consumption in an environment where there was no fuel available," said Cdr Nathan Decicco, *Charlottetown's* Commanding Officer through its recent NANOOK and Op REASSURANCE deployments. To conserve fuel in the most efficient way, the crew alternated between driving the ship at high speeds, and then anchoring in place for hours at time, often during rough weather with 35-40 knots of wind. The arrangement kept the ship from running out of fuel during the transit, but severely limited its ability to respond to potential emergency scenarios.

"That was a unique challenge for the ship and something that ships haven't normally done," Cdr Decicco added. He shared this story as an example of the potential difficulties in operating in the Arctic during a

presentation on Op NANOOK given to members of the Royal United Services Institute of Nova Scotia on September 19.

Without accurate information on the seabed, there were questions as to whether the anchor could properly grip and stay in place. Because of this, the crew drove the ship while anchored in high winds and rough waters to lessen some of the tension on the cable.

"It's a real seamanship challenge to be on your engines at anchor, and there are number of risks, but in the end it worked out. That's part of operating in the Arctic, predicting the impact of the weather and making a plan to deal with it," Cdr Decicco said.

*Charlottetown* was also at anchor when they received word that the Russian cruise ship Akademik Ioffe, with a number of students and researchers aboard, had run aground West of Baffin Island. Despite all the capabilities of a high-readiness warship, the situation they were in prevented them from responding. Two Canadian Coast Guard icebreakers were sent to assist the ship.

"We worked out some courses of action that were feasible, but it would essentially have been a one-way trip requiring the Coast Guard to bring us fuel to get back," Cdr Decicco said.

Other plans for Op NANOOK that required altering this year due

to Arctic conditions included the original destination of Devon Island, where plans were to drop off 20 Army members and two Canadian Rangers for ground exercises. Heavy ice when attempting to sail further north forced the troops to disembark instead at Porter Inlet, Nunavut.

The challenges presented important learning opportunities, Cdr Decicco said, and many other aspects of this year's Op NANOOK went off without a hitch. He described a positive experience sailing alongside Danish allies early in the deployment, with interoperability training focused on areas like communications, interception of suspicious vessels, boarding party opportunities, and ASW surveillance. The RCN was also thrilled to be able to offer use of the Hammerhead unmanned target boat to practice surface shoots with HDMS Vædderen.

Other highlights for the ship included trialing the Navy's new Sniper UAV, navigating through icebergs, hosting the Canadian Leaders at Sea program, participating in an Iqaluit Community Day, and the opportunity to work with the embarked Royal Canadian Regiment members and Canadian Rangers.

Cdr Decicco, who recently handed over command of HMCS *Charlottetown* to Cdr Nancy Setchell, said operating in Canada's North was a unique experience for him and his crew, and one he hopes all sailors get to experience as the first Arctic and Offshore Patrol Vessels get introduced.

"None of the challenges can diminish the fact that the Arctic is a beautiful, unique environment, with great communities, and being there is a once-in-a-lifetime experience for most of us."

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# HMCS *Ville de Québec* personnel on Op REASSURANCE 2018

**NAME:**

Kristin Bellefontaine

**RANK:**

Leading Seaman (LS)

**HOMETOWN:**

Halifax, Nova Scotia

**YEAR JOINED THE CAF:**

2011

**TRADE:**

Naval Combat Information Operator (NCIOp)

**EDUCATION:**

- High School: Queen Elizabeth High  
- Post Grad: Hair Design Center (hair design) and NSCC (Office IT)

**WHY DID YOU JOIN THE CAF?**

I wanted a change of scenery and there weren't many employment opportunities for me in Halifax with my post-secondary education. It seemed like the right thing to do at the time, and I'm really happy that I made the choice to sign up.

**WHAT DO YOU LOVE ABOUT YOUR JOB?**

The travelling is the best part; I've been to so many interesting and fun places I never thought I'd get to see.

**HOW IS YOUR EXPERIENCE ON OP REASSURANCE SO FAR?**

It's really exciting getting to work with new people and learn new skills in a fast-paced environment.

**WHAT HAS BEEN YOUR FAVOURITE PART OF OP REASSURANCE SO FAR?**

It would be the port visit to Barcelona, Spain. The city was amazing, so many things to see and do.



LS Kristin Bellefontaine

**PREVIOUS DEPLOYMENTS:**

None

**HOW OFTEN DO YOU TRAVEL BACK TO YOUR HOMETOWN?**

I never left home due to Halifax being my first posting, but I'm traveling to Tokyo, Japan for my mid-deployment leave. I've never been before, so I'm super excited to have this opportunity.

**ANYTHING ELSE YOU WOULD LIKE TO ADD?**

If you're not sure about joining but think it might be interesting, just go for it. I'm glad I did! I learn new things and experience new challenges every day.

**NAME:**

David Super

**RANK:**

Leading Seaman (LS)

**HOMETOWN:**

Toronto & Huntsville, Ontario

**YEAR JOINED THE CAF:**

2012

**TRADE:**

Naval Combat Information Operator (NCIOp)

**EDUCATION:**

- High School: Huntsville High School  
- Post Grad: Algonquin College, WOLBI – Owen Sound Campus

**WHY DID YOU JOIN THE CAF?**

I joined because the CAF offers stable employment with many benefits and the opportunity to move to the Maritimes. The CAF also offers world travel and great programs for those interested in educational pursuits.

**WHAT DO YOU LOVE ABOUT YOUR JOB?**

I enjoy working with a close team who push me to be a professional sailor. I also enjoy tracking ships and aircraft on radar.

**HOW IS YOUR EXPERIENCE ON OP REASSURANCE SO FAR?**

It's been a positive experience seeing many countries and cities throughout Europe, Africa, and Asia. The historical significance of many of the ports is impressive and memorable.



LS David Super

**WHAT HAS BEEN YOUR FAVOURITE PART OF OP REASSURANCE SO FAR?**

Aside from appreciating the calm seas, my favourite part has been exploring urban and rural areas with my friends.

**PREVIOUS DEPLOYMENTS:**

This is my first six-month deployment; however I have sailed to Colombia and several Caribbean Islands.

**HOW OFTEN DO YOU TRAVEL BACK TO YOUR HOMETOWN?**

I get back to Toronto and Huntsville, Ontario about once every two years.

## 12 Wing Shearwater urging caution with drone use

**By 12 Wing Shearwater Wing Flight Safety**

As the weather draws more people outdoors, many may wish to operate recreational drones. 12 Wing Shearwater is reminding the public on how to safely, and legally, operate them.

12 Wing Shearwater is an active aerodrome that supports the training of Royal Canadian Air Force aircrew

and provides personnel and aircraft to execute Canadian Armed Forces missions around the world. Aircraft flight safety remains a top priority for our men and women in uniform working at 12 Wing. Drone and aircraft conflicts near Shearwater are on the increase as drones become more affordable, larger, faster, and more capable.

The airspace within a five nautical miles (nine kilometre) radius

of Shearwater airport is controlled airspace. Operation of drones within controlled airspace, in the vicinity of a flying aircraft, contrary to Canadian Aviation Regulations or is unsafe and, could result in fines up to \$3,000.

Drones shall not be flown on or near 12 Wing Shearwater. For the safety and security of our members, if you observe anyone operating drone or UAV aircraft in an unsafe

manner or contrary to Canadian Aviation Regulations, please contact the RCMP or Halifax Regional Police.

Additional rules for recreational drones or Unmanned Air Vehicles (UAV) may be found at:

<http://www.tc.gc.ca/en/services/aviation/drone-safety.html>

Please help us in keeping our personnel and equipment safe by sharing our skies safely and legally.





# Promotion at Base Operations

*MS Erin Nicholl receives her promotion from the Base Chief of Staff, Cdr Wayne DiPersio (L) and the Base Operations Officer, LCdr Sylvie Robinson. MS Nicholl, a Boatswain, is from St. John's, NL and has been in the RCN for 11 years. MS Nicholl is posted to HMCS St. John's after providing exceptional service to the Base, especially in the role of Ceremonial Coordinator.*

SUBMITTED



# CFB Halifax personnel participate in Halifax Connects

*Military cooks LS Joseph Blackburn and Cpl Vicky Thibodeau plate meals at Citadel High on September 6 during Halifax Connects, an annual initiative in the city that sees more than 200 volunteers and 30 plus community organizations provide free products, services and information to community members experiencing or at risk of experiencing homelessness. Military personnel prepared and served over 800 hot meals to community members during the event.*

MARGARET CONWAY, CFB HALIFAX PA

# National DND Career and Networking Fair: Save the date, October 17

BY CFB Halifax PA

Are you a Public Service civilian employee or CAF member looking to grow your career? Are you a Reservist looking for opportunities? Are you a student looking at DND as an employer?

Come to the National DND Career and Networking Fair. Visit 20+ kiosks, hear from local colleges and universities, Canadian Forces

Recruiting Centre, Canada School of Public Service, Human Resources and many more. Attend a local presentation or see a presentation streamed live from Ottawa.

The date is Wednesday, October 17, 2018. The location is Windsor Park, Building WP106, Multi-purpose room (site of Halifax & Region MFRC).

Come for the kiosks and stay for the day. We hope to see you there.

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# 100 Days of... Better Health

By Derrick Enslow,  
Acting Manager, PSP Health Promotion

We are well into the final quarter of 2018, meaning it is time both to reflect back and look forward. In 2018, Health Promotion was busy implementing the 100 Days of Health challenge with over 320 participants across the Formation. Congratulations to everybody who took on the challenge and especially our grand prizewinner, Holly Scothorn (EAP Manager, HR-Civ), who won a PSP Falls Lake Getaway. For 2019, Health Promotion has plans for another exciting challenge, so stay tuned.

In the meantime, there is no better way to continue your quest to health



and wellness than to sign up for our Better Health program. Better Health fuses nutrition education with physical activity in an effort to help you be the healthiest you. We have incorporat-

ed the use of Fitbit technology with basic nutrition and exercise to track your healthy lifestyle improvements.

The most important thing is to take advantage of all the health and well-

ness programs and services that are at your disposal across CFB Halifax. You can also maintain your overall health on a daily basis by going for walks, eating healthy, taking mental health breaks by meditating and building up your social network by volunteering at a local charity. Helping yourself and others does the mind and body good.

And finally, in addition to Better Health, you may also sign up for a variety of Health Promotion programs and courses by visiting [cafconnection.ca/Halifax/HP](http://cafconnection.ca/Halifax/HP).

Yours in good health, Derrick Enslow, Acting Manager, PSP Health Promotion, CFB Halifax.

## HMCS *Calgary* mission patch part of new wave for RCN

By Peter Mallett,  
The Lookout Staff

Sailors, soldiers and aviators aboard HMCS *Calgary* are proudly displaying their new mission patch during the Operation Projection deployment to the Asia-Pacific region.

Used for decades by Canada's Army and RCAF, mission patches are a relatively new addition to Royal Canadian Navy dress and were introduced following recent changes to the Naval Combat Dress code.

The colourfully embroidered badge measures approximately eight centimetres in diameter and features the Halifax-class frigate riding the ocean waves behind a stampeding mustang set to a backdrop of a map of the Asia-Pacific region. The ship's official motto, Onward, and the words OP PROJECTION 18-2 are also prominently displayed.

*Calgary* is currently conducting naval presence operations in the region and will be making port visits in five countries. The mission patch was presented to *Calgary* Commanding Officer Cdr Blair Saltel on July 30 and then distributed to approximately 220 personnel onboard in the first week of August.

Mission patches, also known as operational patches, are badges worn on the shoulder of a military uniform to designate either a specific mission, unit or affiliation. They are used to build morale and esprit de corps and are formally



LS Blair, OS Zysk and LS Stoffer all sport the new operational patch for HMCS *Calgary*.

SUBMITTED

approved for wear by the formation commander.

*Calgary* Logistics Chief, CPO2 Chief Rob Bates says he came up with the idea for the patch in February 2017.

"Since mission patches are relatively new to the navy, not everyone is fully up to speed on their history, meaning and significance," said CPO2 Bates. "I am very pleased that several people had input on creating the patch

and am pleased that it doesn't look like that of any other ship."

CPO2 Bates says it took several weeks of time and effort, along with a great deal of support and input from many others, to move his vision from concept to reality.

He received help from friend and local tattoo artist Olivia Larouche, who took his vision and drew the artwork. Larouche's artwork was then tailored

to meet embroidery production specifications by Bill Cochrane, Lookout graphic designer.

CPO2 Bates acknowledges that sometimes breaking with naval tradition and plotting new course in naval dress isn't always so warmly received but says that despite a few critiques, for the most part, the introduction of the new patch aboard *Calgary* has been smooth sailing.

Lt(N) Alexander Duff acknowledges he was one of those onboard that held initial reservations but, after gaining a full understanding of the intent or purpose of mission patches, he now says its introduction has added great value to their mission.

"Overall I now see mission patches as very important because they aid in generating a brotherhood within the unit or mission, like having a medal that shows mutual experiences," he said.

MS David Carle was fully in favour of the patch because it was inclusive of all three branches of the military and thereby highlights the importance of the Canadian Joint Operations Centre.

"Since this is my first non-NATO tour, I was pleased that this patch really highlighted the Canadian mission," said MS Carle. "I believe mission patches really help validate to the crew and bring clarity to others about the importance and purpose of the mission we are on."

*Calgary* and its crew are on a five-month deployment and will return to Victoria in December 2018.





# 12 Wing Shearwater commemorates the Battle of Britain

12 Wing Shearwater commemorates the Battle of Britain by hosting a Ceremony on Sunday, September 16, 2018. Halifax regional Municipality's Mayor Mike Savage (centre) was among the dignitaries present who laid a wreath. This year marks the 78th anniversary of the Battle of Britain.

MCPL ALEXANDRE PAQUIN, 12 WING IMAGING SERVICES, SHEARWATER



# Clearance Divers and Clearance Diving Officers graduate in MARPAC



Newly qualified Clearance Divers, Officer Divers, and their instructors for the QL5A course pose for a group photo following the course graduation ceremony held at the Fleet Dive Unit (Pacific) Colwood, CFB Esquimalt on August 24. The graduates were Lt(N) Kristopher Hicks, PO David Shanahan, LS Chris Trufal, LS Jesse Gisborne, LS Michael Raco, LS Jacob Desjardins, LS Matt Walsh, LS Julian Andrews, LS Bryan Hynes, and LS Jean-David Paradis. The Reviewing Officer, Commander Coastal Division, Cdr L.J. Kenward, assisted by Fleet Chief CPO1 Jaquemot, Lt(N) (ret'd) Walter Dubeau, and FDU(P) Commanding Officer LCdr R. Kappel, presented the Clearance Diver QL5A Awards. LS Trufal received the Superior Athletic Award, the Academic Award, and the Top Clearance Diver QL5A Award. Lt(N) Hicks received the Top Clearance Diving Officer Award.

LS MIKE GOLUBOFF, MARPAC IMAGING SERVICES



NAME	KOVAL, BRIAN //
ENROL DATE	1972 //
RETIRED AS	REG. – MASTER WARRANT OFFICER RESERVES – CAPTAIN //
DEPLOYMENTS	3 MILITARY POLICE REGIMENT // MONTREAL OLYMPICS – 1976 CFS ALERT – 1990 OP FRICTION (UAE) – 1991 IFOR (BOSNIA HERZEGOVINA) – 1996–1997 UNDOF (GOLAN HEIGHTS) – 1998, 2000 //
LOCATION	HALIFAX //
TITLE	CHIEF INSTRUCTOR //
SERVICE	2002–2006, 2014–PRESENT //

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# Unfounded Sexual Assault Internal Review results released

By DND/CAF

The Canadian Forces National Investigation Service (CFNIS) has completed an internal review of all 2010-2016 Canadian Forces Military Police (CF MP) sexual assault files concluded as unfounded. CFNIS assigned a member that reviewed the 179 files from early 2017 until July 2018 revealing that:

113 cases remained as unfounded following this review;

43 cases had been misclassified; and

23 cases were identified for further investigation.

The Canadian Forces Provost Marshal and CF MP Group Commander directed the CFNIS to conduct the internal review following the Globe and Mail publication in 2017 of its two-year investigative report into unfounded cases of sexual assault.

"I was invited to conduct a review of our files as a means to assess the situation within the Military Police investigative files and take corrective action if necessary. This review was beneficial in many ways and we continuously assess best practices to ensure DND and the CAF communities receive the highest standard of policing service," said LCol Kevin Cadman, Commanding Officer, CFNIS.

The CFNIS is a unit within the independent CF MP Group whose mandate is to investigate serious and sensitive matters in relation to Department of National Defence (DND) property, DND employees and CAF personnel serving in Canada and around the world.

From 2010-2016, the Military Police investigated 757 sexual assault cases. Following this review, 14 percent (113 cases) of those remain classified as unfounded from the original 23.6 percent (179 cases).

The CFNIS average unfounded rate from 2010-2016 has been declining with the rate dropping from 17.6 percent in 2010 to 8 percent in 2016, which is below the average unfounded rate of 19 percent for Canadian Policing.

The 43 misclassified cases have been re-coded to reflect more accurately the findings of the investigations.

CFNIS has re-opened the 23 cases identified for further investigation. In each case, investigators may require additional interviews, better documentation or the use of other investigative tools.

*Continued on page 19*



# FALL HOME IMPROVEMENT *Special*

## Simple tips and tricks to update your home – just using paint

By Scott McGillivray

(NC) Looking to update your home but don't have the time or money for a full-on renovation? Not a problem. With the right application of paint, you can breathe new life into your home, inside and out.

Consider these five painting projects to boost your home's appeal:

**Reimagine your space.** One of the easiest ways to add personality is to refresh the walls by adding bold and contemporary colours. Try highlighting a focal point or niche with a fresh pop of colour, or paint an accent wall to command the eye's attention.

**Make a statement in your bathroom.** People generally limit the amount of time they spend in their bathrooms. But what if you could make it a room you actually want to spend time in? With a coat of paint in just the right colour, anything is possible. Turn your bathroom into a statement room with a dark shade. Forgoing the usual neutral finish, this bold approach catches the eye and can create a sense of class and drama.

**Revitalize tired cabinets and furniture.** Bring old cabinets and furniture back to life with

a fresh coat of paint. Choose a colour theme that complements the rest of your home or room. You can accentuate little details, hide imperfections and create great conversation pieces. I recommend using Para Paints Ultra melamine hybrid cabinet and furniture paint in a neutral colour that complements your style.

**Captivate with a stylish doorway.** The front door is the focal point of your home's exterior, so you want it to look as good as possible. If yours is looking a little tired and a new one isn't in the budget, a coat of paint is a terrific option. A brighter hue can add energy, while a more subdued one plays up a traditional feel. Top it off with some stylish hardware and accessories and you're good to go.

**Update exterior trim and accents.** There's a connection between outer upkeep and what a visitor can expect inside. Painting your exterior windows, trim and shutters with the right colour palette can greatly boost your home's curb appeal and make it more inviting for you and your visitors. Experiment with colour to create a playful welcoming effect or opt for a more subtle palette to create a formal or classic look. Remember, first impressions matter.

## Winter prep tips for your home

(NC) As the weather gets colder, it's important to make sure your home is winter ready. Here are a few simple tips on how to prevent exterior winter damage from Jack Rende, senior merchant of building materials at the Home Depot Canada.

**Inspect your roof.** Then, apply roof repair glue to any loose shingles in order to help avoid leaks or damage in your home.

**Choose durable, weather-proof shingles.** GAF Timberline High-Definition shingles can withstand category three hurricane-force winds of up to 246 kilometres an hour.

**Install roof-heating cables.** This will cut down on snow or ice buildup, saving your home from expensive long-term damage. Before installing, make sure your eavestroughs and roof have been well cleaned. Then, attach roof cable clips to your roof in a zigzag pattern. Finally, secure your heating cable to the clips.

**Prep eavestroughs and downspouts.** Seal any cracks with a silicone sealant and install a filter to prevent leaves from clogging.

**Reapply exterior caulking.** It's important to do so in any gaps between your siding and window or door frames.

**Turn off exterior faucets.** Be sure to drain water from outdoor pipes, valves and sprinkler heads to prevent pipe bursts. If your home is 10 years or older, consider installing frost-proof faucets.



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# Second World War Newfoundland Escort Force remembered in St. John's

By LCdr (ret'd) Pat Jessup,  
Communications and Commemorations,  
HMCS Sackville

Seventy-seven years after its establishment, the Newfoundland Escort Force (NEF) was honoured in a special ceremony on September 11 at Government House in St. John's. At the same time a unique international project, 13 years in the making, was culminated. Since May of 2005 members of HMCS Sackville in Halifax, the Royal Naval Association (RNA) - Londonderry, Northern Ireland (NI) and the Crow's Nest Club in St. John's have joined forces to connect their wartime port cities with specially crafted ships' bells. Most recent was the founding of the Newfoundland Escort Force Bell, the last in the series of three, consecrated last May, at St. Columb's Anglican Cathedral in Londonderry, NI.

The three bells commemorate Allied naval and merchant sailors, DEMS gunners, and air personnel who lost their lives between September 1939 and May 1945 during the Battle of the Atlantic while safeguarding convoys carrying much-needed supplies from North America to Britain and Russia.

In his opening remarks of the NEF Bell presentation ceremony to Her Honour The Honourable Judy Foote, Lieutenant Governor of Newfound-



*The ship's Company of HMCS Chambly K-116, May 1941. On June 23, 1941, HMCS Chambly defended convoy HX 133 during the first engagement of the Newfoundland Escort Force.*

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land and Labrador (NL), emcee LCdr (ret'd) Jim Reddy, Sackville's captain, explained the meaning of a bell in the world of sailors, ships and the sea:

"As much as a ship can approach being a living thing, the bell could be considered to represent its heart and its soul, and even part of its memory. The bell is engraved with the ship's name. In former times the bell served

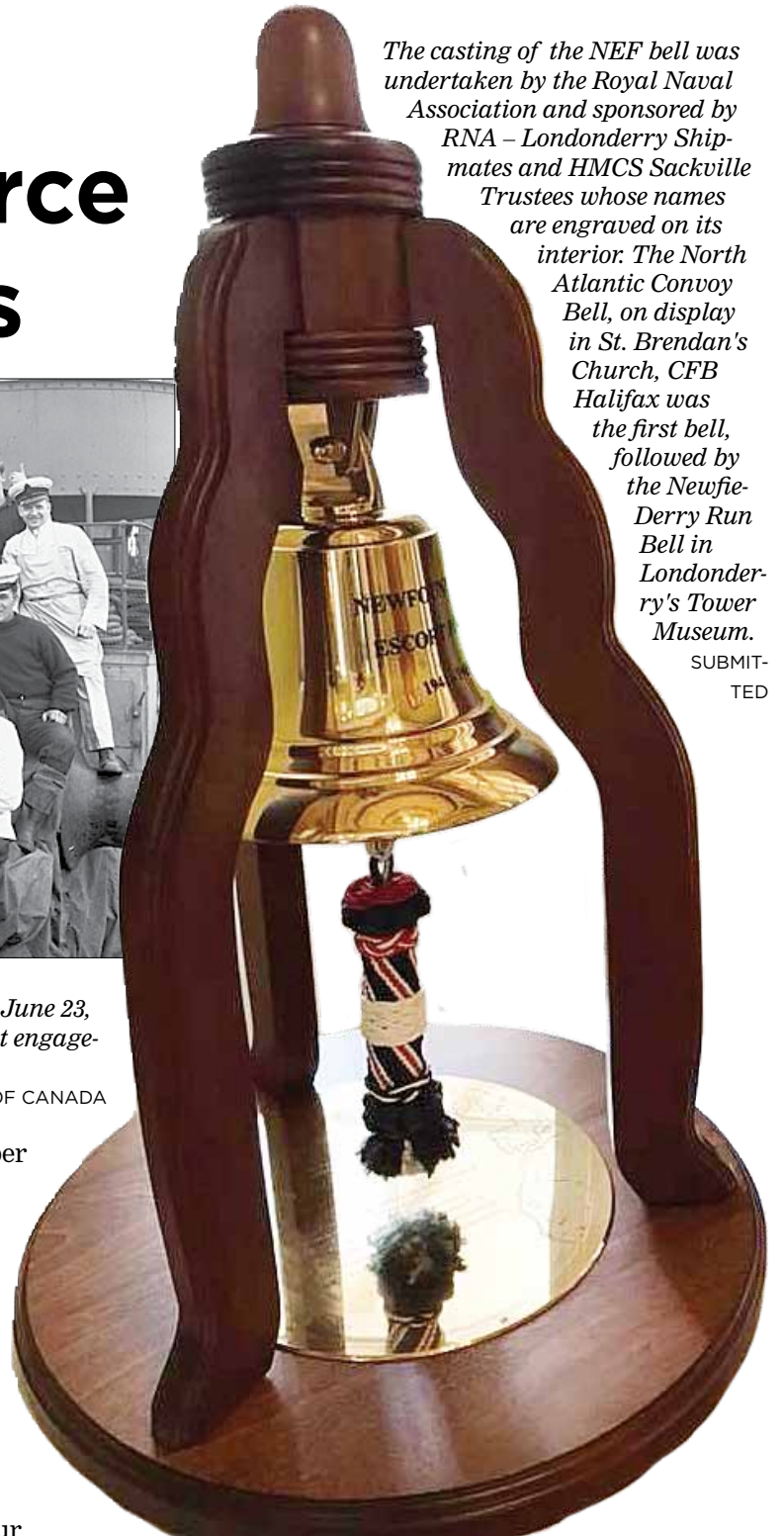
as the timekeeper announcing the change of watches, so was heard regularly by everyone on-board. Today, the bell is mandated as a safety sound signal for the ship at anchor.

Recently in our Arctic waters, the tragic wrecks of HM Ships *Erebus* and *Terror* were discovered and visited by underwater teams after more than 100 years of mystery. The most important recovered part of either ship was the bell."

Robert Buchanan, President, RNA - Londonderry Branch added, "In recognition of the service and sacrifice of the Newfoundland Escort Force during the Battle of the Atlantic, it gives me great pleasure to present this Newfoundland Escort Force Bell to the City of St John's and the people of Newfoundland and Labrador.

*The casting of the NEF bell was undertaken by the Royal Naval Association and sponsored by RNA - Londonderry Ship-mates and HMCS Sackville Trustees whose names are engraved on its interior. The North Atlantic Convoy Bell, on display in St. Brendan's Church, CFB Halifax was the first bell, followed by the Newfie-Derry Run Bell in Londonderry's Tower Museum.*

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*Unveiling the Bell are, from left: Robert Buchanan, RNA - Londonderry, LCdr (ret'd) Jim Reddy, captain of HMCS Sackville, The Honourable Judy May Foote, Lieutenant Governor of Newfoundland and Labrador, and 95-year-old Bomber Command pilot Arthur Barrett.*

SUBMITTED



This ceremony will bring the Convoy Bells Project to the conclusion of what could be called Phase One. I say the end of Phase One, because it is my fervent hope that when people see these bells, they will ask "what's it all about" and hopefully, they will seek out answers. In that way we will have put a catalyst in place, which will perpetuate the memory of the sacrifice of our predecessors and remind generations to come of the awful cost of freedom."

*Continued on page 15*

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# Join the SkyHawks

By MCpl Antoine Collette,  
SkyHawks demonstrator

As a busy 2018 season winds down for the CAF Parachute Team, the team is recruiting for next year. The SkyHawks travel from coast to coast each summer putting on thrilling parachute performances and meeting with Canadians as ambassadors of the CAF. Being a member of the team is a great opportunity to nationally represent your unit, your element, the CAF, and Canada.

The team is open to any trade across the CAF: all elements, Reserve Force or Regular Force. Applicants must be either a Second Lieutenant or a trade-qualified Non-Commissioned Member.

In order to apply for the team, you must have skydiving experience. Candidates must be qualified as a military freefall parachutist or have a U.S./Canadian Sport Parachuting Association A license with a minimum of 50 freefall jumps.

Finally, each applicant must be recommended by his or her unit's Commanding Officer. As SkyHawks members are representatives of the CAF, it is expected they uphold a high standard of dress, deportment, physical fitness, and personal conduct.

So, if you're an outgoing CAF member who is interested in joining this tight-knit team for the 2019 season, ensure you apply before November 30. For more details visit <http://www.army-armee.forces.gc.ca/en/skyhawks/index.page> or contact the SkyHawks via email ([skyhawks@forces.gc.ca](mailto:skyhawks@forces.gc.ca)) or on social media today. Check out videos and photos from an amazing 2018 season on Facebook, Instagram, or Twitter by searching for @SkyHawksCanada.



*The Skyhawks perform numerous parachute demonstration shows across Canada each year. CAF Regular and Reserve Force personnel from all elements and trades may apply, so long as they have the qualifications.*

SUBMITTED

# Rejoindre les SkyHawks

Par Cplc Antoine Collette,  
démonstrateur des SkyHawks

La saison 2018 tire à sa fin et l'Équipe de parachutiste des Forces armées canadienne recherche des membres pour la saison 2019. Rejoindre les SkyHawks est une excellente opportunité de s'épanouir dans le parachutisme et de rencontrer les Canadiens et Canadiennes partout au pays. C'est aussi une grande fierté de pouvoir représenter son unité, son élément, les FAC et le pays, au niveau

national. Afin de pouvoir postuler sur l'équipe, il se doit d'avoir une certaine expérience en parachutisme. Le postulant doit être qualifié en chute libre militaire ou avoir un minimum de 50 sauts en chute libre avec un brevet A de l'Association canadienne de parachutisme sportif ou de la United States Parachute Association. Il faut également être un membre du rang qualifié sur son métier ou un Sous-Lieutenant. Le postulant peut provenir de l'Armée canadienne, de l'aviation royale canadienne, de la Marine royale canadienne, de la force de réserve ou de la force régulière. Afin de pouvoir postuler sur l'équipe, le membre doit obtenir la recommandation de son commandant. À leur arrivée au Centre d'instruction en guerre supérieur de l'Armée canadienne à la BFC Trenton, les candidats doivent réussir le test d'aptitude physique des parachutistes qui comprend une course d'un mille à réussir en sept minutes et 30 secondes ou moins, sept tractions à la barre fixe et 31 redressements assis. Les candidats qui ne réussissent pas le test seront retournés à leur unité d'appartenance. Alors, si vous voulez passer votre été à faire d'excitantes performances en parachute et rencontrer les Canadiens et Canadiennes partout au pays, contactez-nous. Les candidatures peuvent être envoyées numérisées par courriel à l'adresse [skyhawks@forces.gc.ca](mailto:skyhawks@forces.gc.ca) au plus tard le 30 novembre. Pour des photos et vidéos de l'équipe, suivez-nous @SkyHawksCanada sur Facebook, Instagram, et Twitter. Pour plus d'informations au sujet de la postulation, consultez le <http://www.army-armee.forces.gc.ca/fr/skyhawks/index.page>.

# Second World War Newfoundland Escort Force remembered in St. John's

Continued from page 14

Fourteen shipmates from the RNA - Londonderry who travelled with the bell to St. John's attended the ceremony along with Cdr Corey Bursey, A/Naval Advisor representing the Canadian High Commission in London, Nick Whalen, Member of Parliament St. John's East, Canadian Naval Memorial Trustees from as far away as Belfast and Red Deer, Alberta, members of the historic Crow's Nest, 95-year-old Second World War Veteran and Bomber Command pilot Arthur Barrett, from St. John's and local dignitaries. Cdr Bursey, on behalf of High Commissioner for Canada to the United Kingdom of Great Britain and Northern Ireland, Her Excellency Janice Charette spoke of the sailors of the convoy escort force,

numbering in the tens of thousands, holding a special relationship with the ports of Halifax, St. John's and Londonderry. "The bond between these cities and between our two nations runs much deeper than the Battle of the Atlantic. Ours is a history steeped in common values and culture, sewn together with the blood and treasure of many battles in both world wars, which continue to be consummated in places like Africa, the Middle East, and yes still today, on and in the North Atlantic. Already in 2018 alone five Royal Canadian Navy ships, as well as Royal Canadian Air Force maritime patrol aircraft, transited the Atlantic to the UK Area of Operations working bridge wing to bridge wing with Royal Navy ships and submarines and Royal Air Force aircraft, in both operations and exercises, helping

to ensure the Atlantic Sea Lines of Communication and Trade remain open and secure." "With this bell you have helped ensure that enduring military bond between our countries is not forgotten, and equally important you have helped ensure the many lives lost at sea during the Battle of the Atlantic are not forgotten."

To cap the NEF ceremony, LCdr (ret'd) Brian McCullough performed a hauntingly beautiful tin whistle lament in honour of those who went to sea in ships and never returned during the Battle of the Atlantic. The Newfoundland Escort Force Bell is now on display and will remain in Government House for public viewing.

George A. Grant  
Processor

157138

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## HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

www.halifaxmfr.ca  
902.427.7788

### NDWCC: Invest in Yourself. Invest in your Family.

As you may know, the National Defence Workplace Charitable Campaign (NDWCC) has officially kicked off. This annual campaign aids military members and DND civilians in supporting your preferred charities.

The Halifax & Region Military Family Resource Centre (H&R MFRC) has launched: Invest in yourself. Invest in your family. By selecting the H&R MFRC (using box 4 on the NDWCC pledge form), you are making an investment in yourself and your family. Perhaps you don't need us today, but you may tomorrow, and we will be here for you.

Funds raised through the NDWCC support the high quality programs and services that the H&R MFRC has been providing to the military community since 1986.

Using the NDWCC pledge form, please donate to the H&R MFRC by entering a one-time donation or via payroll allotment.

Thank you for your support.

### Update to our Hours of Operation

We are updating our regular hours of operation at the Halifax, Shearwater and Sydney MFRC sites. Starting October 1, our hours are:

#### Halifax site:

Monday to Friday: 6 a.m. – 6 p.m.

#### Shearwater site:

Monday to Thursday: 7:30 a.m. – 5 p.m.

Friday: 8 a.m. – 4 p.m.

#### Sydney site:

Monday to Wednesday: 9 a.m. – 2 p.m.

Thursday: 9 a.m. – 5 p.m., 6-9 p.m.

We are closed for the following holidays: New Year's Day, NS Heritage Day, Good Friday, Easter Monday, Victoria Day, Canada Day, Natal Day, Labour Day, Thanksgiving Day, Remembrance Day, Christmas Eve (12 p.m. closure) Christmas Day and Boxing Day.

During regular hours of operation, you can reach us at: 902-427-7788; for urgent matters, we are available 24/7.

### Mise à jour de nos heures d'ouverture

Nous mettons à jour nos heures de fonctionnement du CRFM H et R sur les sites d'Halifax, Shearwater et Sydney. À partir du 1er octobre, nos heures sont les suivantes :

#### Site de Shearwater :

Du lundi au jeudi : 7h30 à 17h

Vendredi : 8h à 16h

#### Site d'Halifax :

Du lundi au vendredi : 6h à 18h

#### Site de Sydney :

Du lundi au mercredi: 9h à 14h

Jeudi : 9h à 17h, 18h à 21h

Nous sommes fermés les jours fériés suivants: jour de l'An, Fête du Patrimoine de la Nouvelle-Écosse,



*Kathryn Chambers of the H&R MFRC accepts a \$500 donation from the Stadacona Band and the Cole Harbour Harvest Parade.*

SUBMITTED

Vendredi saint, lundi de Pâques, fête de la Reine, la fête du Canada, fête civile, fête du Travail, l'Action de grâces, le jour du Souvenir, la veille de Noël (fermeture de 12h) le jour de Noël et le lendemain de Noël.

Pendant les heures d'ouverture normales, vous pouvez nous joindre au: 902-427-7788, et pour des questions urgentes, nous sommes disponibles 24h sur 24, 7 jours sur 7.

### Join the H&R MFRC Entrepreneur Club

Are you thinking about starting up a company? Are you a new business owner? Are you an entrepreneur looking for professional development opportunities to help you grow? The Entrepreneur Club provides an opportunity for CAF members, Veterans, and their families, to expand their network of contacts, further develop business skills, benefit from a peer group experience and access useful information, advice and markets.

For only \$24/year, members of the

H&R MFRC Entrepreneur Club have exclusive access to the following:

- Business listing on [www.halifaxmfr.ca](http://www.halifaxmfr.ca)
  - Networking opportunities with local entrepreneurs
  - Monthly Professional Development sessions (valued at \$50/session). Fall sessions include:  
October: Getting off the Ground (Finance Part 1) | Tuesday, October 30  
November: The Entrepreneurial Mindset | Wednesday, Tuesday, November 27  
December: Keeping the Books | Tuesday, December 11
- Sign up today. For more information, please contact Trish Dominie: 902-427-4892 or [trish.dominie@forces.gc.ca](mailto:trish.dominie@forces.gc.ca).

### Were you posted in 2017 or 2018?

We believe that military families know what their needs are and what works best for them, therefore our programs and services must be shaped by families. We want to hear

from you about how the H&R MFRC did in assisting you with your relocation- what worked and what can be improved upon and modified. Please take a few minutes to let us know how we did by filling out our evaluation on our website or at <https://www.surveymonkey.com/r/mfrcwelcome18>

### Taking in sail on another successful year of the Youth Learn to Sail Program

Each summer, the Dartmouth Yacht Club (DYC) runs the Sail Canada's CANSail Program, which includes levels 1 to 6, and is open to youth between the ages of 8 and 16 years old. Each level is increasingly more challenging and requires young sailors to grow their knowledge of terminology, knots, how the boat operates, weather and strategies of racing.

Due to the generosity of members at the DYC, 15 children of military members were able to attend a 2-week sailing program, at no cost.

That's correct.

It all started in 2010. Dan Gallina, a retired captain in the Navy, was in his second year as general manager of the DYC. He reached out to the H&R MFRC and asked about the opportunity to sponsor spots for military children to participate in the Youth Learn to Sail Program. The first year there were four sponsored spots; the last two summers have seen a record of 15 sponsored spots.

Each sponsor covers the cost of the program, which is \$350, and the unknown members do it without recognition. But why? Gallina's response to that question is simple: "To do a good deed for a stranger and to support military families in the area who give up so much."

Every April, the H&R MFRC and DYC collaborate to reach as many military families as possible to spread word of the opportunity. Interested youth are asked to submit a short essay describing why they would like to learn to sail. Applicants, in their finest printing or message from their school email account, express their love of being on the water and articulate their desire to learn something new, push themselves, or surprise and impress their mom or dad when they come home from a deployment.

Some of the parents expressed how much growth they've seen in their child since participating in the program. And that's a large, unintentional benefit. Learning knots and wind direction are important; self-confidence, long-lasting relationships and positive memories are built, creating a solid foundation for our youth that extends well beyond the horizon.

For more information on the application process, please contact Sarah-Jean Mannette, 902-722-4662 or [sarah-jean.mannette@forces.gc.ca](mailto:sarah-jean.mannette@forces.gc.ca).



# Woods hike not the ideal SAR

**By Sara White,**  
Managing Editor, The Aurora

“If it’s got to be done, it’s got to be done,” MCpl Dylan Weller said.

He and Sgt André Hotton, both search and rescue technicians (SAR techs) with the RCAF’s 413 Transport and Rescue Squadron at 14 Wing Greenwood, Nova Scotia, hoped the crackling conversation overheard on a firefighter’s radio, including the words “no” and “chopper” might have dropped a full sentence—perhaps it was, “No problem, we’ll send a chopper.”

The men were deep in the woods of Fundy National Park in New Brunswick on August 19, 2018, having been lowered around 6 p.m. by a CH-149 Cormorant helicopter to assist an injured hiker. A paramedic was on the scene, having responded after the injured man’s girlfriend hiked out to find cell service and call for help. The SAR techs, who anticipated an extraction hoist back up to the helicopter, carried their medical equipment and

a Stokes litter (a basket-like stretcher) from a sandbar about 600 metres away.

In just a few minutes, the SAR techs and the paramedic had the man, who had fallen around 3 p.m. and apparently broken his leg, packed snugly into the Stokes litter. A couple of Parks Canada staffers had also hiked in by that time, along with a few volunteer firefighters. But the helicopter had a malfunction and the crew had to leave the area for repairs.

With no cell service, the helicopter crew couldn’t reach the responders on the ground to let them know there would be a delay of up to six hours. After a 45-minute wait, and trying to get information through the unreliable, crackling radios, Sgt Hotton hiked out along the trail to call in for an update.

“We knew then we had no option but to carry this guy out,” said MCpl Weller. “He was good, he was warm, but he was in pain.”

Now about 8:30 p.m. and getting

dark, the half-dozen responders prepared for the carry. The SAR techs cached their extra gear for Parks Canada staff to retrieve later, and divided their medical equipment between them. The Stokes litter is the heaviest, sturdiest option used for a patient, but it also turned out to be the best for this carry.

“We had to hold him still, semi-sitting,” MCpl Weller says. “It was a narrow trail and, for the first 10 minutes, we could only get a four-man carry. That was pretty tough. Pretty heavy. After that, we were able to get six on the stretcher at a time, walk and carry, keep going and trade off. We could put him down, and he’d be secure. A regular army-style stretcher would have been hard on him, setting down on every rock and root.”

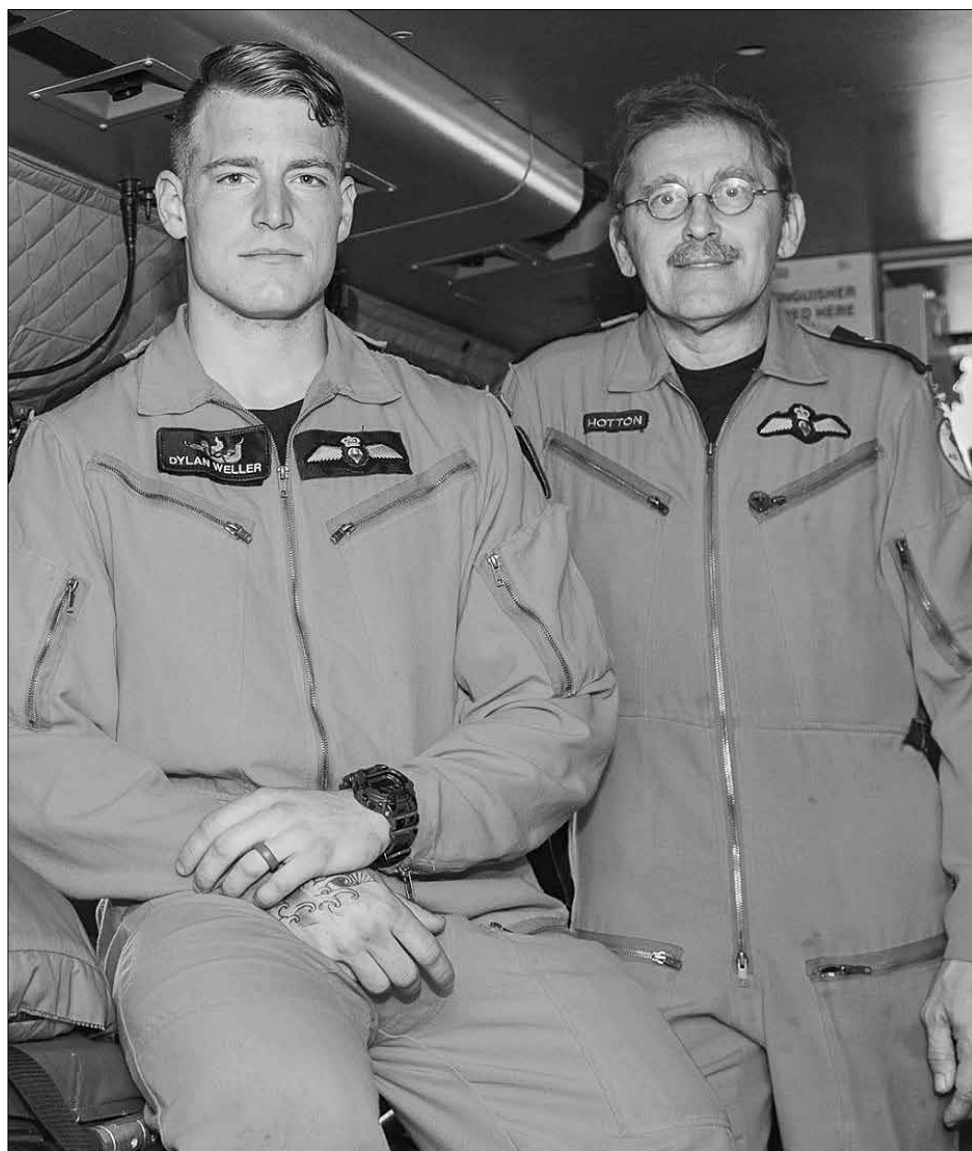
MCpl Weller says the team of responders was the best he could have hoped for to work with. “And the patient was in the best spirits; he made it awesome for us. He was doing our counts for us—‘One, two and lift’—ev-

ery time we traded off. The agencies involved all came together, all with the same goal.”

Halfway along the trail, the group met a couple of ground search and rescue volunteers, able to lend their hands to the effort. MCpl Weller next looked at his watch at 12:30 a.m. in the back of an ambulance with the patient, heading to the hospital in Moncton. “He was done by then, tired and in pain, but so grateful,” he says.

The ambulance delivered the patient to the hospital and then the SAR techs to the airport to join the Cormorant crew. A repair crew from Greenwood had been to the scene, fixed the problem and everyone was able to go home.

“I tried to look online for the trail and measure the distance we carried, but I know it was three-and-a-half hours’ walking” MCpl Weller says. “I’ve definitely not done this before, carrying someone this far. We always hoist, maybe having moved someone five or 10 minutes from the woods or a cabin.”



MCpl Dylan Weller (left) and Sgt André Hotton, search and rescue technicians with 413 Transport and Rescue Squadron at 14 Wing Greenwood, Nova Scotia, relax after working into the night on August 19, 2018, with a half-dozen other agency responders to carry a patient along a wooded trail for hours, heading for help. Currently, MCpl Weller is the RCAF’s newest SAR tech, with just two years in the occupation operational, while Sgt Hotton is the most senior, with 28-plus years.

CPL TREVOR MATHESON, 14 WING IMAGING



A Royal Canadian Air Force CH-149 Cormorant helicopter stirs up dust while hovering in front of trees.

LT TREVOR REID



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# HMCS *Ville de Québec* personnel on Op REASSURANCE 2018

**NAME:**  
Spencer Dill

**RANK:**  
Petty Officer 1st Class

**HOMETOWN:**  
100 Mile House, British Columbia

**YEAR JOINED THE CAF:**  
2001

**TRADE:**  
Supply Technician

**EDUCATION:**  
- High School: Peter Skene Ogden,  
Grad of 2000

**WHY DID YOU JOIN THE CAF?**  
In my small community, everyone became truck drivers or loggers. I wanted something different that would provide job security and keep me interested.

**WHAT DO YOU LOVE ABOUT YOUR JOB?**  
As a Supply Technician we usually get first hands on all the new equipment the Canadian Armed Forces uses. It's also gratifying to be able to provide the resources required to ensure a successful operation.

**HOW IS YOUR EXPERIENCE ON OP REASSURANCE SO FAR?**  
It's been good. I have a great Supply Department, that all want to be here and get the job done.

**WHAT HAS BEEN YOUR FAVOURITE PART OF OP REASSURANCE SO FAR?**  
My favorite part has been visiting countries and cities I haven't experienced before.



*PO1 Spencer Dill*

**PREVIOUS DEPLOYMENTS:**  
OP ATHENA, Afghanistan 2009  
OP ATTENTION, Afghanistan 2011  
OUTCAN CFSU(E) Geilenkirchen, Germany 2012-2016

**HOW OFTEN DO YOU TRAVEL BACK TO YOUR HOMETOWN?**  
My family and I try to get home every couple of years.

**ANYTHING ELSE YOU WOULD LIKE TO ADD?**  
My family and I have been all over the world, but there is no place like home. We still own a home in 100 Mile and plan on returning once we retire.



*HMCS Ville de Québec visits Catania, Sicily during Operation REASSURANCE.*

MCPL ANDRE MAILLET, MARPAC IMAGING SERVICES

**NOM:**  
Véronik Martin

**RANG:**  
Lieutenant de vaisseau

**VILLE NATALE:**  
Ville de La Baie

**EN QUELLE ANNÉE T'ES TU ENGAGÉ DANS LES FAC :**  
1 Juillet 2006

**MÉTIER:**  
Officier de la Logistique

**ÉDUCATION:**  
- École secondaire: Polyvalente de La Baie maintenant connue sous le nom de École secondaire des Grandes marrées  
- Éducation post-secondaire: Technique en génie chimique au Cégep de Jonquière et B.A.C. en chimie et biologie au Collège militaire royal a Kingston, Ontario

**POURQUOI TU T'EN ENGAGES DANS LES FAC?!**  
Principale raison, pour voir le monde! J'aimais le fait que chaque journée soit différente, toujours de nouveaux défis à relever et de nouvelles expériences s'ouvrent à toi.

**QU'EST-CE QUE TU AIMES DE TON MÉTIER?**  
Tout! Ce que j'aime le plus dans mon travail, c'est de pouvoir soutenir le navire et son équipage. La gestion de la chaîne d'approvisionnement, les services alimentaires, les finances, la rémunération et l'administration sont l'épine dorsale des opérations. Sans le soutien fournit par mon département, le navire ne peut plus aller de l'avant et exécuter sa mission. Si nous faisons notre travail correctement, alors les opérateurs et les ingénieurs peuvent se concentrer sur leurs rôles et responsabilités sans distraction. Le maintien des services logistiques est encore plus demandant dans une zone d'opérations dû aux changements de programme de dernière minute, à la communication avec des fournisseurs parlant différentes langues et la disponibilité des ressources. J'aime la variété et la complexité de continuer à fournir les services nécessaire afin de réussir la mission tout en étant déployé partout dans le monde.

**COMMENT EST TON EXPÉRIENCE SUR OP REASSURANCE JUSQU'À MAINTENANT?**  
Ce que je vis présentement est surréaliste. Autre que de m'assurer que le support logistique interne du bateau fonctionne, je dois engager différentes nations parlant différentes langues afin de ravitailler le navire quand nous arrêtons dans les ports étrangers. Que ce soit l'essence pour le navire ou l'hélicoptère, la nourriture, les pièces pour le maintien du navire ou tout simplement des objets divers, je dois briser les barrières de la langue et m'assurer que le navire pourra continuer sa mission. C'est demandant mais ayant eu une bonne préparation,



*Lt(N) Véronik Martin*

je peux dire que pour l'instant, tout va bien. Également, rencontrer les contracteurs quand nous arrivons à quai est vraiment enrichissant. On apprend à connaître et comprendre différentes cultures.

**QUELLE PARTIE D'OP RÉASSURANCE AS-TU PRÉFÉRÉE JUSQU'À MAINTENANT?**  
Le fait d'être impliqué dans quelque chose de grand. Nous naviguons et patrouillons les mers pour assurer la protection d'autrui mais aussi pour démontrer que le Canada a la capacité d'aider/supporter si besoin. Rencontrer les hauts dirigeants militaires de différents pays et se rendre contre qu'on a tous le même but : protéger. Je ne vous cacherez pas que le fait que d'accoster dans différents pays tous les 15 jours est un à coté vraiment extraordinaire que j'adore.

**QUELS SONT TES DÉPLOIEMENTS PRÉCÉDENTS:**  
Aucun.

**À QUELLE FRÉQUENCE RETOURNES-TU DANS TA VILLE NATALE?**  
J'essaie d'y retourner au moins une fois par année mais depuis quelques années, c'est plus difficile avec mon travail.

**Y A-T-IL AUTRE CHOSE QUE TU VOUDRAIS AJOUTER?**  
M'engager dans les Forces Canadiennes a été une des meilleures décisions que j'ai prises. Les opportunités qui se présentent sont hors du commun et je me trouve chanceuse d'être parmi les rares personnes qui puissent en bénéficier. Je peux vivre ma passion de voyager dans mon travail ce qui me confirme que j'ai fait le bon choix de carrière. Venant d'une famille sans militaire, je peux quand même partager ma passion avec mon mari, ma sœur, et mes 2 beaux-frères puisqu'ils font tous partis des Forces!



# Op PRESENCE - Mali successfully completes its first MEDEVAC

By DND/CAF

On September 11, 2018, a CH-147 Chinook and CH-146 Griffon helicopter took to the sky during Operation PRESENCE-Mali successfully helping a United Nations soldier reach medical aid.

Members of Task Force Mali were woken up in the early hours by a request for medical evacuation north of Gao. At the time of the call, Gao was under severe weather conditions, however, within 20 minutes, visibility had cleared enough for the teams to launch and successfully evacuate the soldier and return to camp without further incident.

The medical evacuation is at the core of the CAF efforts as part of the MINUSMA mission and this first successful Canadian MEDEVAC mission illustrates our commitment to peace and stability in the Sahel region. "Our government promised Canadians we would renew our commitment to peace-keeping and we are doing just that. Through Operation PRESENCE-Mali, we are supporting United Nations peace-support operations and helping to secure the conditions for lasting peace and security in Mali. The successful execution of yesterday's first medical evacuation mission by the women and men of the Canadian Armed Forces Task Force demonstrates that they have

the skills and expertise necessary to make a meaningful difference in the region," said Harjit S. Sajjan, Minister of National Defence.

"I am extremely proud to lead the Canadian Armed Forces personnel deployed under the UN in Mali, who completed a successful medical evacuation in a very challenging operating environment. The evacuation conducted by this group of specialized CAF personnel in Mali provides an opportunity to demonstrate our skills and expertise operations and indicates how our deployed personnel handle themselves with the professionalism and composure for which Canadian Armed Forces members are known," said Col Christopher McKenna, Commander of Task Force Mali, Op PRESENCE.

Canada announced its intent to deploy an Air Task Force to the UN Multidimensional Integrated Stabilization Mission in Mali (MINUSMA) in March 2018, in response to a request from the UN. The Air Task Force provides transport and logistics capability and includes a Forward Aeromedical Evacuation capability that includes a number of CAF personnel to conduct medical evacuations for UN forces on the ground.

The Task Force demonstrates Canada's ability to provide a critical capability to augment UN peace support operations in Mali through MINUSMA.



On September 6, CAF force protection and medical teams exit the Chinook with a simulated patient during a Forward Aeromedical Evacuation exercise, while RCAF Commander, Lieutenant-General Al Meinzingher observes. Five days later on September 11, a Chinook and a CH-146 Griffon successfully evacuated a UN soldier who required medical aid.

CPL KEN BELIWICZ



## New Commanding Officer for HMCS Charlottetown

Cmdr Craig Skjerpen (centre) presides over the change of command ceremony in HMCS Charlottetown during which outgoing Commanding Officer Cdr Nathan Decicco is succeeded by Cdr Nancy Setchell, in a ceremony aboard the ship on Tuesday, September 18, 2018. Cdr Decicco is now the Commanding Officer of Sea Training Atlantic.

AB JOHN IGLESIAS, FIS

## Unfounded Sexual Assault Internal Review results released

Continued from page 12

Following the CAF implementation of Operation HONOUR in 2015 and the Globe and Mail article of 2017, the Canadian Forces Provost Marshal directed the Canadian Forces National Investigation Service (CFNIS) to conduct an internal review of all sexual assault cases concluded as unfounded. Furthermore, he instructed the Commanding Officer of the CFNIS to act as sole approval authority for the conclusion of unfounded criminal sexual offence investigations.

The Canadian Forces Military Police are in the final detailed planning stages of a Sexual Assault Review Program (SARP). This program will establish an open and transparent review process of all unfounded sexual assault cases. The SARP will give the external review team, consisting of three to five professionals from relevant fields, access to the

entire case file in order to identify any inconsistencies or deficiencies in how the investigations were handled. This approach is expected to significantly enhance the transparency associated with the review and provide accountability to the victims of sexual assault and to the public at large. External reviewers are able to act impartially and offer unbiased assessments which will aid in providing additional means for the Military Police to ensure that investigative requirements were, and will continue to be, consistently met.

The SARP, which is to be launched in late Fall 2018, will commence with the external review team conducting an analysis of the work done by this internal review. Following the retrospective review of the investigations identified, the requirement to continue to conduct future reviews of all unfounded sexual assault cases investigated by Military Police will be assessed on a yearly basis.

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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](mailto:editor@tridentnews.ca)

## Halifax women take gold at CAF Soccer Nationals

By Ryan Melanson,  
Trident Staff

The CFB Halifax Mariners’ women’s soccer team have put the finishing touch on a strong 2018 season, bringing home gold medals from the CAF National Soccer Championship.

The tournament was held from September 8-13 at CFB Borden, with four teams representing the Atlantic (Halifax), West (Edmonton), Ontario (Borden) and Quebec (Valcartier) regions. The Mariners took on CFB Edmonton in the final game, winning the national trophy with a commanding 5-0 victory. Halifax only recorded one loss through the week, falling 4-3 to Valcartier in their opening game, followed by two round-robin wins and one semi final match to earn their way to the championship game.

While the score for the final game suggests a blowout, Halifax team captain Capt Kim O’Rourke credited the women from CFB Edmonton for playing hard through a tiring schedule, and said a match between the two teams earlier in the week, that ended with 1-0 Halifax victory, better reflected the skill levels between them.

“They really were a strong team, centrally and defensively. It was hard to find the back of the net against them,” she said.

After the gold-medal win at regionals earlier this summer, the Halifax team picked up a number of extra players, some with CISM experience,



The CFB Halifax women show off their gold medals after a 5-0 win in the Championship game against CFB Edmonton.

who were unable to compete at the regional tournament for various reasons, along with three top players from Gagetown. The result was a highly-skilled team that needed time to gel as a unit.

“We built on our cohesion as a team on the field as the tournament progressed, which was very important after arriving at nationals with a new team. It all came together in the end,” Capt O’Rourke said, adding that goalie LS Caroline Larocque deserved special credit for her performance through the week and for a key penalty-kill save in the semi finals.

Other top contributors for the Mari-

AVR CAITLIN PATERSON, CFB BORDEN IMAGERY

ners included Capt O’Rourke herself, who was awarded the title of tournament MVP, as well as Lt(N) Sonya Allison, Cpl Jo Blodgett, a reservist and former CISM team captain who took a break from studies in the UK to play for Halifax, and Gagetown pickups 2Lt Alex Schoffeld and Cpl Anouk Trottier-Boucher.

The team wished to thank their coach, Cpl Steve Cummings, who works in Greenwood but stepped up to support the Mariners women’s team at both regionals and nationals, as well as their respective chains of command, who made it possible for players to take time away from regular duties for the tournament.



The CFB Halifax Mariners women’s team took on CFB Edmonton in the finals of the CAF National Soccer Championship in Borden on September 13.

AVR CAITLIN PATERSON, CFB BORDEN IMAGERY

On the men’s side, the Mariners ended the round robin portion as the third place team before being eliminated by the eventual champions from Valcartier in a 3-3 semi final match that was lost on penalty kicks. Earlier in the week, the team played to a 2-0 victory against Kingston, a 0-0 tie against Valcartier, and a 0-3 loss against Edmonton. Game MVPs for the Halifax men included MCpl Ryan Pittman, LS David Bitton, and LCdr Dave Marshall.

2018/2019 Formation Halifax COTW/COTF /WING CUP MAY 2018 - APRIL 2019			
SPORT	COTW	COTF	WING CUP
Soccer	June 4-8, 2018	June 4-8, 2018	June 4-8, 2018
Slo-Pitch	June 25-29, 2018	June 25-28, 2018	October 2-5, 2018
Golf	July 5th, 2018	July 5th, 2018	July 5th, 2018
Running	September 6, 2018	September 6, 2018	October TBD
Badminton	September 10-14, 2018	September 10-14, 2018	September 10-14, 2018
Squash	September 10-14, 2018	September 10-14, 2018	September 10-14, 2018
Fitness Challenge	September 28, 2018	September 28, 2018	September 28, 2018
Volleyball	November 19-23, 2018	November 19-23, 2018	October 29 - November 2, 2018
Basketball	December 10-14, 2018	December 10-14, 2018	January 21-25, 2019
Ice Hockey	January 14-18, 2019	January 14-18, 2019	December 3-7, 2018
Curling	February 25-March 1, 2019	February 25-March 1, 2019	February 25-March 1, 2019
Floor Hockey	April 8-12, 2019	April 8-12, 2019	April 15-18, 2019

CLINICS			
Soccer - Lucas		May 2018	
Slo-Pitch - Isaac		June 2018	
Volleyball - Isaac		October 2018	
Basketball - Isaac		November 2018	
Ice Hockey - Ashley		November/December 2018	
Ball Hockey - Ashley		March/April 2018	
REGIONAL HOSTING			
Basketball	February 2019	Shearwater	
Ice Hockey (LB & W)	February 2019	Halifax	
Badminton/Squash	March 2019	Fleet	
SCHOOL HOLIDAYS		PLAYDOWNS	
Christmas Break	December 22, 2018 - January 2, 2019	Badminton	January 2019
Heritage Day	February 18, 2019	Squash	January 2019
March Break	March 11-15, 2019	Golf	June 11-13, 2018
Easter Break	April 19-22, 2019	SPECIAL EVENTS	
		CAF SPORTS DAY	October 19, 2018





# Practices start soon for CAF Old Timers' Hockey

By Ryan Melanson,  
Trident Staff

The end of summer means the start of hockey season, and CAF members 40 and older who still like to lace up their skates have the opportunity to get on the ice with the Old Timers' hockey teams.

For the CFB Halifax Mariners team, practices start on October 12 at the Halifax Civic Centre, and will run each Friday from 2-3:30 p.m. The team also plays in the civilian Atlantic Adult Hockey League, both to prepare for CAF regionals and just to have fun on the ice through the season.

While CAF hockey is typically played at a high level, those who aren't as confident in their game are still encouraged to attend practice, and the core group is always open to seeing new names on the roster.

"We welcome all skill levels. We had a few players last year who were some of our best attendees, and though they didn't really have a shot at making the regional team, and knew that, they still loved coming out and playing and having a good time. Our practices are fantastic," said Scott Harrigan, a longtime player for the Mariners who'll be be-



Team Atlantic took on Team Quebec in the finals of the 2018 CAF OT Hockey National Championship earlier this year at CFB Borden. The 2018-2019 season is about to get underway, with practices for CFB Halifax starting in October.

PTE BRENDA LEROUX, CFB BORDEN IMAGERY

hind the bench as an assistant coach this year.

The Mariners team fell in the finals of the regional tournament in early 2018 against the Shearwater Flyers, who went on to represent the Atlantic

region in Borden and win gold at the CAF National Championship. Changes to the age requirement for CAF OT Hockey, with most players now required to be 40 or older (35 for goalies), dealt a major blow to the Mari-

ners roster in recent years. But now, some of the best local CAF players are reaching the required age, and with a few players poached from last season's Shearwater team, as well as some new talent posted into the region, the team should have championship potential, Harrigan said.

"It looks like this might be a good season for us. This is the year we'll hopefully really have our full team back."

It's not all about competition though, and regardless of who takes the medals at the end of the season, the camaraderie among teammates and the chance to get to know colleagues across the region is always a benefit, he added.

"Hockey builds a bond that's very similar to being together in a platoon. You go out and go to war together. It's a great experience and it's something that helped get me through my 25 years in the military."

Anyone interested in playing OT hockey this year can contact Lt(N) Reggie Simmons at [Reginald.Simmons@forces.gc.ca](mailto:Reginald.Simmons@forces.gc.ca) for the Mariners team, and CPO1 Chris Belanger at [Christian.Belanger3@forces.gc.ca](mailto:Christian.Belanger3@forces.gc.ca) for the Shearwater Flyers team. CAF Atlantic Regionals will be held in Greenwood in February 2019.

# Formula One racing records trivia

By Stephen Stone

These questions are based on information provided by FIA (Federation Internationale de l'Automobile) from records kept since 1950 and are current to the end of The Italian Grand Prix 2018.

Drivers are considered to be entered into a race if they attempt to compete in at least one official practice session with the intent of entering the race.

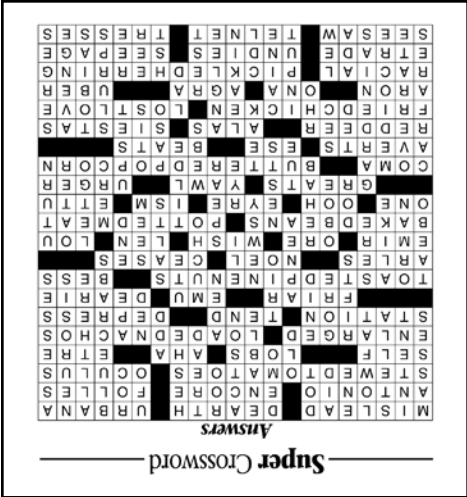
Questions

- 1. Which constructor holds the Formula One record for the number of entries and starts in F1 races?
- 2. Which constructor has the greatest percentage of wins at 47.1 per cent?
- 3. Which constructor has the highest percentage of wins in a season?

- 4. Which constructor currently holds the record for most consecutive wins in the same Grand Prix with six?
- 5. Which constructor started the most number of races without a win?
- 6. Which driver holds the record of 326 F1 entries?
- 7. Who is the youngest Canadian to start a F1 race?
- 8. Who was the oldest driver to enter a race?
- 9. Which driver currently holds the record for consecutive race starts with 222 and counting?
- 10. Who holds the record of 91 total F1 wins?
- 11. Who is the Argentine driver—winner of five World Driver Championships—who holds the highest percentage of race wins at 46.15 per cent?
- 12. In 1963, this Scot started 10 races and won seven of them.
- 13. Who was the driver who won nine consecutive times in 2013?
- 14. Who is the Canadian driver who held the record of four wins in his first championship season in 1996?
- 15. Who is the youngest driver to win a F1 race?
- 16. Who is the oldest driver to win a race?
- 17. What record do Nino Farina, Johnnie Parsons and Giancarlo Baghetti have in common?
- 18. Which Australian driver started 129 races before winning his first race – the 130th?
- 19. Who holds the record for Grand Prix wins without winning the World Championship?
- 20. Which driver holds the record of

eight races in which he had the No. 1 pole position; had the fastest lap; led every lap; and won the race?

Answers on page 23



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# A friendly game of soccer

HMCS Halifax ship's company squares off with the crew from the USN ship USS Arleigh Burke in a friendly game of soccer at CFB Halifax on September 7, 2018.  
MONA GHIZ, MARLANT PA

# Fitness and sports updates

By Trident Staff

There will be a regional rugby clinic from October 2-5. The CFB Halifax Old Timers Hockey Team is looking for new players. All interested players wishing to participate should contact Reginald.Simmons@forces.gc.ca / Office Tel.: 902-427-3381 / Cell : 902-440-7394. Practices are from 2-3:30 on Fridays starting October 12 at the Halifax Civic Centre and the team will be playing in the BMO Hockey league. Atlantic Region OT Hockey Championship will be held in 14 Wing Greenwood, February 12-15, 2019. Please note that players must be 37 years of

age (three under age 40 players are permitted at CAF Regional and Nationals) with the exception of goaltenders who must be 35 years of age. 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 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

# Wing Cup Schedule 2018/2019

SPORT	DATES
Soccer**	June 4-8, 2018
Golf	July 5, 2018
Pickleball	September 10-14, 2018
Fitness Challenge	September 28, 2018
Slo-Pitch	September 24-28, 2018
Running	October TBD
Volleyball	October 29 - November 2, 2018
Ice Hockey	December 3-7, 2018
Basketball	January 21-25, 2019
Curling**	February 25 - March 01, 2019
Floor Hockey	April 15-18, 2019

\*\*These sports will be Mega tournaments in conjunction with COTW/COTE, more info on MEGA tournaments will be available in updated constitution

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CAFCONNECTION.CA/HALIFAX

/PSPHALIFAX

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# Super Crossword

DRUNK IN THE KITCHEN

ACROSS

- 1 Deceive

8 Scarce supply

14 Champaign's twin city

20 Composer Vivaldi

21 Concert bonus

22 "La Cage aux --"

23 What Swiss steak may be braised in

25 Circular window

26 Personal identity

27 High-arcing shots

28 "Gotcha!"

30 To be, in Bordeaux

31 Expanded

35 Ballpark snack with lots of toppings

39 Amtrak stop

40 Care for

41 Make sad

42 Title for Tuck

44 Big bird that doesn't fly

47 Honeybunch
- 48 They may be sprinkled on sauteed spinach

55 Partner of Porgy

56 Southern French city

57 Yuletide

58 Quits

61 Arab prince

62 Mine metal

64 Genie's gift

66 Actor Cariou

67 Actor Jacobi

70 Popular cookout side

73 Armour product in a can

76 With 96-Down, "Hang on a minute!"

77 "I'm impressed!"

78 Jane of fiction

80 Suffix with pagan

81 Final words from Caesar

82 Superstars

84 Two-masted craft

86 Exhorting individual

87 Abnormally deep sleep
- 90 Movie theater tubful

94 Staves off

97 Colo.-to-Ga. direction

98 Thrashes

99 Old World elk

101 "'Tis a shame"

104 Midday snoozes

109 Specialty of Popeyes

112 Cause of heartache

113 Elvis' middle name

114 Go -- spree

115 Indian tourist city

117 Ride ordered by app

118 Like some census data

121 Rollmop's main ingredient

126 Big name in online brokerages

127 Alternative to PJs

128 Oozing stuff

129 Teeterboard

130 PC-linking protocol

131 Head locks

DOWN

- 1 Catholic services

2 Bent (on)

3 -- Artois (beer)

4 Unlike the Atkins diet

5 Ending for phenyl

6 Assistance

7 "i" or "j" top

8 Floor model

9 Empower

10 Follows, as advice

11 Aussie hopper

12 Tire feature

13 Pronoun for both genders

14 Aliens' craft

15 Fabled bird

16 Maryland crustaceans

17 Mentally alert

18 Woody Allen film subject

19 Sizes up

24 Prehistoric

29 Total up

32 Schisms

33 '90s veep Al

34 "Idylls of the King" lady

36 Yemeni city

37 Homer's TV neighbor
- 38 LummoX

40 Sextet half

43 Sleeping woe

45 Lotsa

46 4x4, briefly

48 Judo-like exercise fad

49 Financial guru Suze

50 Comparable

51 Sahara-like

52 Info-packed

53 Lilly of drugs

54 Sea dogs

59 Look as if

60 Termination

62 Certain reed

63 Program for getting clean

65 Lance

67 Turn loose

68 Western film

69 Do a 180

71 Palme --

72 Finches' homes

74 Wavy mark in Spanish

75 Bygone Ford make, briefly

79 Reuben bread

82 Fragrant white flowers

83 Natl. voting day
- 85 Spun traps

86 Agitate

87 Subway charges, e.g.

88 Judge too highly

89 So-so

91 Ship wood

92 UTEP part

93 Big elevator innovator

95 Nugent with a guitar

96 See 76-Across

100 Pi-sigma link

102 Enter via the cracks

103 "Life of Pi" director

105 Drinks loudly

106 Memoirist Wolff

107 Redress

108 Durable coat fabrics

110 Data for a database

111 Michael of "Alfie"

112 Sonny

116 Be still

119 Mouth rinse bottle abbr.

120 Writer Wallace

122 Cato's 450

123 33rd pres.

124 Eternally, to poets

125 Singer Des'--

## Formula One racing records trivia

Questions on page 21

Answers

1. Ferrari with 965 entries and 963 cars starting. Starts is the number of races in which at least one of the constructors cars started the race and entries were the number of races in which the constructor registered or was expected to register for a race. Ferrari entered every season since 1950. Confusing, I know, but, it is a FIA regulatory requirement.

2. Brawn GP Formula One Team. Created by a management buyout of Honda Racing F1 Team led by Ross Brawn, but using a Mercedes engine, it entered 17 races and won eight.

3. McLaren – 1988 – 16 races with 15 wins for a winning percentage of 93.8%

4. McLaren at Monaco, 1988-1993

5. Arrows Grand Prix International, a British F1 team active from 1978-2002

6. Rubens Barrichello, 1993-2011. He also holds the record for starts with 322.

7. Lance Stroll. He was 18 years, 148 days old at the 2017 Australian Grand Prix. He had a DNF
8. Louis Chiron. He was 58 years, 288 days old when he entered the 1958 Monaco Grand Prix but did not qualify.

9. Lewis Hamilton of Great Britain

10. Michael Schumacher

11. El Maestro - Juan Manuel Fangio

12. Jim Clark OBE

13. Sebastian Vettel

14. Jacques Villeneuve

15. Max Verstappen won the 2016 Spanish Grand Prix at only 18 years, 228 days old

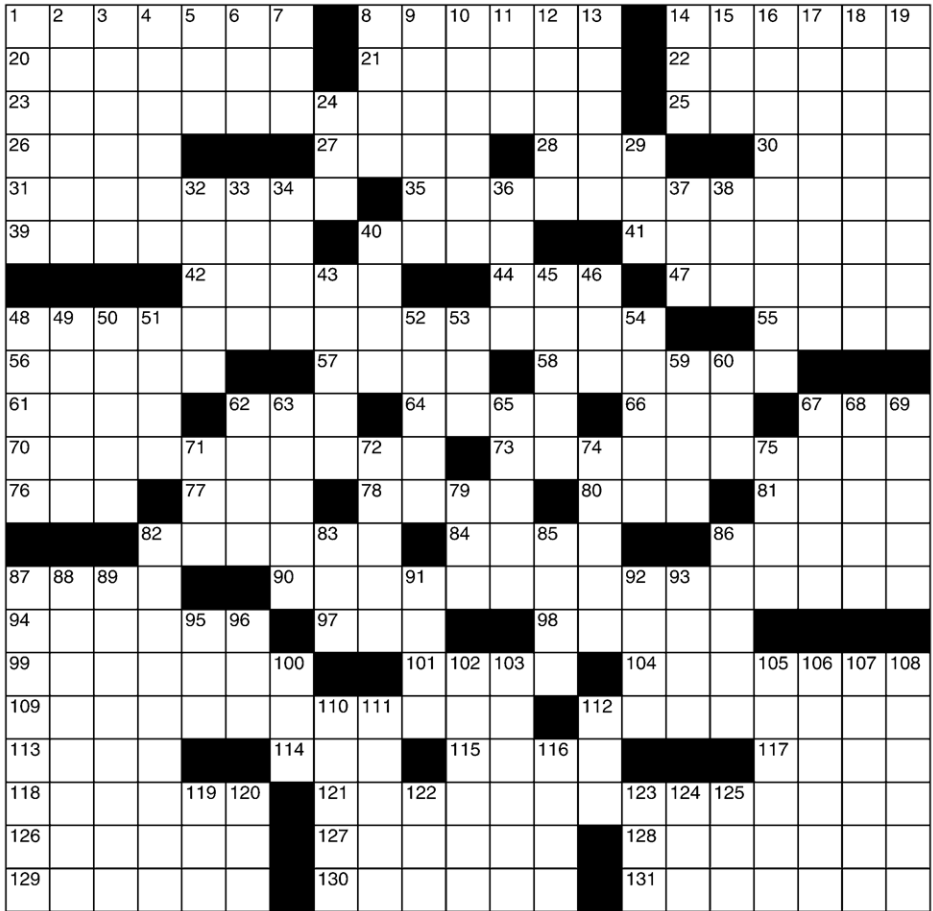
16. Luigi Fagioli won the 1951 French Grand prix at 53 years, 22 days old.

17. All three won a F1 race on their first try.

18. Mark Webber when he won the 2009 German Grand Prix

19. Stirling Moss who entered 67 races and won 16 from 1951-1961

20. Jim Clark: 1962 British Grand Prix; 1963 Dutch Grand Prix; 1963 French Grand Prix; 1963 Mexican Grand Prix; 1964 British Grand Prix; 1965 South African Grand Prix; 1965 French Grand Prix; and 1965 German Grand Prix.



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