

Monday, October 15, 2018



Volume 52, Issue 21

# TRIDENT

www.tridentnewspaper.com

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



## Hitting the target

Base Chief CPO1 Kent Gregory (left) and Base Commander Capt(N) David Mazur gave axe throwing a try during the 2018 NDWCC kickoff on October 1.

AVR BRADEN TRUDEAU, FIS



**UAS training for the Fleet**

Pg. 3



**CWO Conference in Halifax**

Pg. 6



**STADPLEX closure updates**

Pg. 14



**Fitness Challenge results**

Pgs. 20-21

**WINTER TIRE EVENT**

24 OCT. 2018

**OKTIRE** ON-SITE  
Honestly driven.

Get a quote for a chance to win four Toyo Tires & many other prizes!

0900 - 1300 hrs - CANEX Stadacona



**CANEX 50**  
YEARS

**DON'T PAY UNTIL MARCH 2019!**

O.A.C.

**PLUS** NO MONEY DOWN NOT EVEN THE TAXES.



# MARLANT kicks off 2018 NDWCC with food trucks, axe throwing

By Ryan Melanson,  
Trident Staff

Like most Canadians, Cdr Michelle Tessier has dealt with serious illness touching her family. Her father received a life-saving kidney transplant 15 years ago, and thanks to his team of doctors and the support received from other organizations, he's still alive today.

"The Kidney Foundation was there for our family with lots of support, and we're very grateful for the fact that my dad has 15 years of 'living on borrowed time,' as he calls it," said Cdr Tessier, who will be the first CO of the future ship HMCS *Margaret Brooke*.

Because of this, Cdr Tessier feels strongly about supporting the many non-profit groups who help members of our community through sickness or other difficult situations, and said she's thrilled to be serving as the fleet representative for this year's National Defence Workplace Charitable Campaign (NDWCC). She's responsible for drumming up enthusiasm among the units and ships of the Atlantic Fleet, as well as FDU(A), Sea Training Atlantic, and others.

"I'll be helping all those units kick off their campaigns and make this year's NDWCC as successful as we possibly can," she said.

She was just one of the people who shared stories at the MARLANT and CFB Halifax NDWCC kickoff event, which took place October 1 at Stadplex and on Porteous Field. Along with speeches from NDWCC leaders and representatives, and the many booths featuring information about local charities, the day also saw a number of food trucks set up inside the base gates, with portions of their proceeds for the day going to charity, and local business Timber Lounge had their wooden targets set up on Porteous field for some charity axe throwing.

While donations made to any registered Canadian charity can be counted toward NDWCC totals, the campaign has a special connection to the United Way and HealthPartners organizations, and representatives from both were at STADPLEX for the kickoff.

HealthPartners' Jennifer Richards described her organization as representing the top 16 health charities in Canada, and said 87% of Canadians are likely to be impacted by one or more of the diseases covered under those charities. The list includes groups like ALS Canada, the Canadian Cancer Society, Muscular Dystrophy Canada, Cystic Fibrosis Canada, and many more. Money donated to HealthPartners gets passed to those



organizations for things like support and financial aid to patients and their families, access to expensive medical equipment, and life-changing research.

"I know there a number of people in this room who could tell me a story that would break my heart, of somebody who had cancer, or who suffered a heart attack, or who direly needed a transplant; the list goes on. The reality is these are the types of things people deal with every day, and they need our help," she said.

In the case of Cystic Fibrosis Canada, Richards added that funding for new research has recently led to the development of drugs that are greatly increasing life expectancy for some patients.

"That shows us that when you give to HealthPartners, one of the things you're doing is giving people a chance to have longer lives and to spend more quality time with their families."

MARLANT hasn't set a financial fundraising goal for this year's NDWCC, but is rather shooting for 100% participation among formation members, which can come in the form of attending NDWCC events, planning



Food trucks were set up on Porteous Field and outside STADPLEX, with part of the proceeds from food sales being donated to charity through NDWCC.

RYAN MELANSON, TRIDENT  
STAFF

Jennifer Richards of HealthPartners speaks to attendees at STADPLEX during the NDWCC kickoff.

RYAN MELANSON, TRIDENT  
STAFF

or volunteering toward fundraising initiatives, or making personal financial contributions.

Katie Powe, Relationship and Development Officer with the United Way Halifax, said NDWCC typically provides a significant boost to their

fall fundraising, and that the 2018 campaign is already off to a strong start.

"Every bit of support for this campaign, even just talking to other people about it, is making a difference and saving and changing lives."



Sailors from HMC Ships Halifax and Toronto took part in the Sniper Unmanned Aerial System Target (UAST) Training Course. The course was delivered by QinetiQ trainers at the Osborne Head Range, Nova Scotia on September 20, 2018.

MONA GHIZ, MARLANT PA

## East Coast sailors train during Unmanned Aerial System Target Operator Course

By Mona Ghiz,  
MARLANT Public Affairs

Canadian Fleet Atlantic is currently implementing a new capability for its ships - defeating Unmanned Aircraft Systems (UAS) at sea. This new piece of equipment is the QinetiQ Target Systems Canada Sniper Mk II Unmanned Aerial System Target (UAS-T). The UAS-T is intended to be operated from the Halifax-class frigates, but can be operated from any Canadian warship, and is designed to act as a target to test shipboard sensors and weapons as well as develop tactics against a drone threat at sea. It also has the ability to take imagery during its flight for post-mission analysis purposes.

"With adverse organizations weaponizing UAS, it stresses the necessity for the RCN to bring in this new capability," said CPO2 Ronald Carr, Sea Training Atlantic Major War Vessel. "During tracking runs the UAS-T can emulate a small multi-rotor UAS threat posed to a frigate at sea and enable ships' personnel to develop a threat matrix utilizing the ship's visual, optical and electronic sensors to help detect the threat."

Eight sailors from HMC Ships *Halifax* and *Toronto* took part in the Sniper Mk II UAS-T training course delivered by QinetiQ Target Systems Canada trainers at the Osborne Head Range in Cow Bay, Nova Scotia, from September 17-21, 2018.

"The goal of the course is to have operators develop proficiency piloting the target and operating at sea

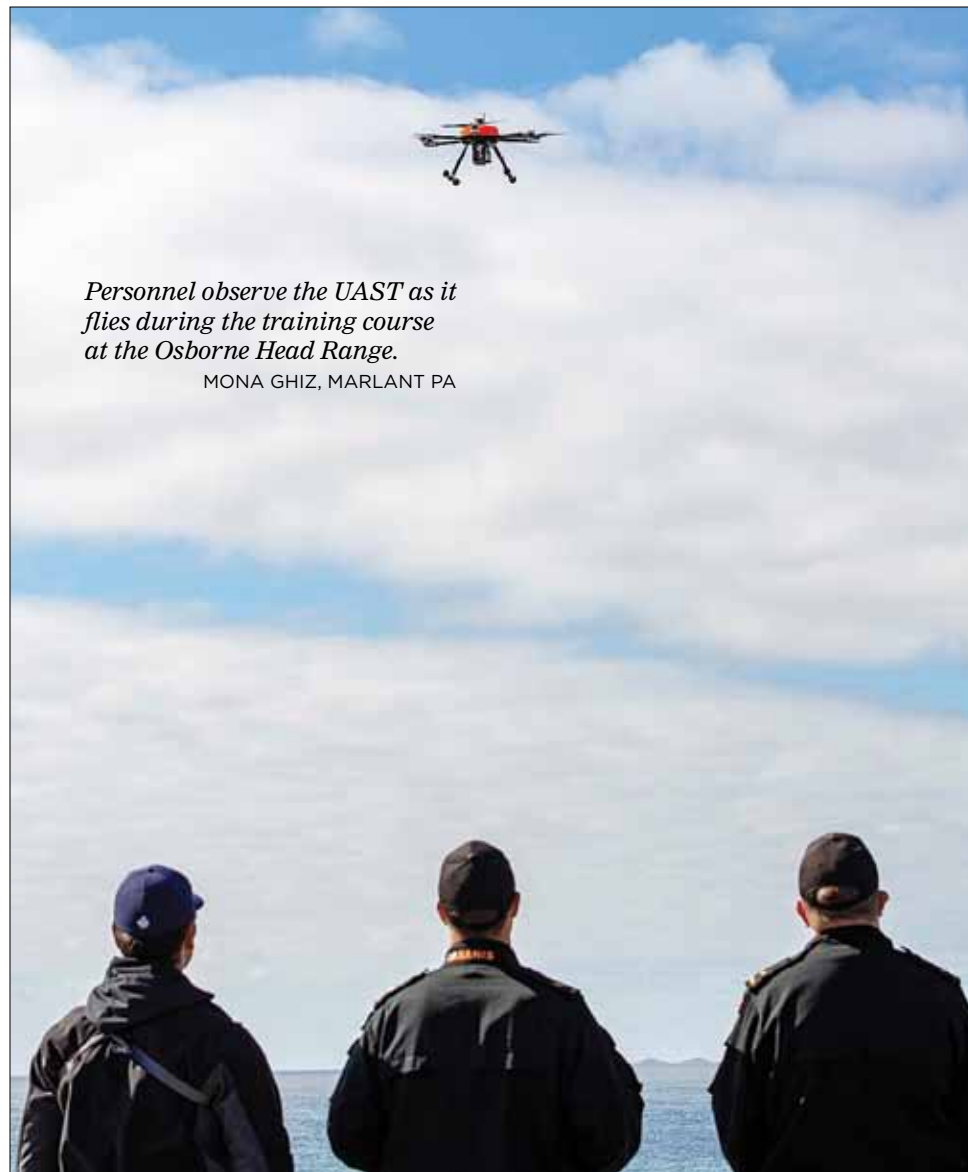
independently," said John Leblanc, Program Coordinator, QinetiQ Target Systems Canada. "The course is set-up in two stations, consisting of training on both a ground control station and hand-held controller with practice rounds. The most challenging skill for the operators is to master takeoffs and landings from a moving platform."

During the hand-held control training, a sailor pilots the UAS-T while the ground control station operator reads information on altitude, position, flight time in the air, battery life and warnings which includes pre-flight checkouts to ensure service availability and safety.

Winnipeg successfully trialed the Sniper Mk II UAS-T with a vertical takeoff and landing demonstration in November 2017 and trained eight operators in March 2018. Charlottetown embarked the UAS-T in July 2018 and had two trained operators during a deployment to the Arctic on Op NANOOK.

"The RCN is a big organization and the speed at which it has adopted the new technology from approving the concept, testing the equipment and training operators to be proficient and independent when operating at sea has been impressive," said LeBlanc.

*Halifax* and *Toronto* will both employ the UAS-T in their upcoming overseas deployments. The RCN's ability to evaluate a threat, adapt and counter UAS threats at sea will be enhanced with eight new operators ready to operate the UAS-T onboard.



Personnel observe the UAST as it flies during the training course at the Osborne Head Range.

MONA GHIZ, MARLANT PA

### "Defeat your debt for good. Let us show you how."

**MNP** LTD

Toll Free 310-DEBT

From complicated pay guides to constantly changing living expenses, effective budgeting can be especially difficult for members of the Canadian Armed Forces.

We provide Life Changing Debt Solutions that work, where and when you need them.

For more information, contact Joe Wilkie, CIRP, LIT, at 310-DEBT or joe.wilkie@mnp.ca

#### Dartmouth

200 – 100 Venture Run  
Dartmouth, NS B2B 0H9

#### Hollis

1801 Hollis St., Suite 1400  
Halifax, NS B3J 3N4

**MNPdebt.ca**

Licensed Insolvency Trustees

157809



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

Editor: **Virginia Beaton**

editor@tridentnews.ca  
(902) 427-4235

Journalist: **Ryan Melanson**

reporter@tridentnews.ca  
(902) 427-4231

Editorial Advisor: **Margaret Conway**

margaret.conway@forces.gc.ca  
902-721-0560

**www.tridentnewspaper.com**

Advertising Sales

**Dave MacNeil**

902-422-4990 ex 1811  
davemacneil@advocatemediainc.com

Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the per- mission of Rear Admiral Craig Baines, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is 10a.m., 11 business days prior to the publication date. Material must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Craig Baines, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les leundis toutes les quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN our d l'éditeur.

**Annual Subscription (25 issues):**

- NS: \$37.38 (\$32.50 + 15 % HST)
- ON, NB & Nfld: \$36.73 (\$32.50 + 13% HST)
- BC: \$36.40 (\$32.50 + 12% HST)
- Remainder of Canada: \$34.13 (\$32.50 + GST)
- United States: \$45 US
- Abroad: \$65 US

**Courier address:**

2740 Barrington Street,  
Halifax, N.S.  
B3K 5X5

Publication Mail Agreement No.  
40023785

Return undelivered Canadian address to:  
Trident Newspaper Bldg, S-93  
PO Box 99000  
Station Forces, Halifax, NS B3K 5X5  
Return Postage Guaranteed  
ISN 0025-3413

Circulation: Minimum 8,500

# 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 Heritage Month  
Author's Stage: Rosanna Deerchild and guests**

**Time: 6 p.m.**

**Date: Monday, October 15**

**Location: Halifax Central Library**

Join the library for a night with Turtle Island's favourite cousin, Rosanna Deerchild, as part of Mi'kmaq Heritage Month events. Rosanna is a Cree poet from O-Pipon-

Na-Piwin Cree Nation and the host of Unreserved on CBC Radio. Rosanna will be joined by local Indigenous poets, Deirdre Lee, Rebecca Thomas, and Arielle Twist. Each of our guests will provide a reading, followed by discussion. This free event is presented in partnership with Scotiabank.

**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 Confederation 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.

**Space or the Ocean?**

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

**Date: Monday, November 5**

**Location: Rebecca Cohn Auditorium**

Join Dalhousie University as they welcome some of the world's greatest minds in ocean science and space exploration to campus for a fun and engaging debate inspired by the question: What is the next frontier: space or the ocean? Dal alumna Kathryn Sullivan (PhD'78), former NASA astronaut, will be joined by Canadian astrophysicist Christian Marois on the team representing space. Mark Abbott, president and director of the Woods Hole Oceanographic Institute, German marine biologist Antje

Boetius and Dal's own Boris Worm join forces on the ocean side. Author, speaker and TV science broadcaster Jay Ingram of Daily Planet fame will serve as emcee. Free admission with limited seats available.

**'Til We Meet Again**

**Time: 2 p.m.**

**Date: Saturday, November 10**

**Location: Halifax Central Library**

Maritime Forces Atlantic is proud to present the 17th 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.



## New Cox'n at HMCS Scotian

CPO2 Green (left), outgoing Cox'n of HMCS Scotian, hands over the appointment as Cox'n to CPO2 Bradford (right), during a ceremony presided over by HMCS Scotian's Commanding Officer, Cdr Beth Vallis (centre). The September 18 ceremony at Scotian also included a Basic Recruit Training Graduation Parade.

AB JOHN IGLESIAS, FIS

# Le REMUS 100 est arrivé à l'Unité de plongée de la flotte (Atlantique)

Par Ltv Éliane Trahan,  
OAP Région de l'Atlantique  
Défense nationale

Les membres de l'Unité de plongée de la flotte (Atlantique) ont commencé l'entraînement pour l'utilisation de deux nouveaux véhicules sous-marins autonomes, REMUS 100 (unités de surveillance environnementale à distance). Ces véhicules seront principalement utilisés pour de la cartographie, des levées de fonds marins et recherches sous-marines, incluant près et sous la glace. Il s'agit d'un nouvel équipement pour la Marine royale canadienne et les membres de l'UPF(A) ont l'intention de les déployer à bord du NCSM *Glacé Bay*, lors de l'exercice TRIDENT JUNCTURE 18, en Norvège, à la fin du mois d'octobre. Ces véhicules sont un atout de reconnaissance de l'environnementale sous-marine pour la Marine royale canadienne.



FDU(A) personnel will deploy REMUS 100 aboard HMCS *Glacé Bay*. Les membres de l'UPF(A) ont l'intention de les déployer à bord du NCSM *Glacé Bay*.

LT(N) ÉLIANE TRAHAN, PAO ATLANTIC REGION NATIONAL DEFENCE

# REMUS 100 arrives at Fleet Diving Unit (Atlantic)

By Lt(N) Éliane Trahan,  
PAO Atlantic Region  
National Defence

Fleet Diving Unit (Atlantic) members have started training on two autonomous underwater vehicles REMUS 100 (Remote Environmental Monitoring Units). These vehicles will mostly be used for seafloor mapping, underwater surveying and searching, to include near and under ice. It will be the first time that the Royal Canadian Navy owns REMUS and FDU(A) members intend on deploying them on board of HMCS *Glacé Bay*, during Exercise TRIDENT JUNCTURE 18 in Norway, at the end of October. These vehicles are a great underwater situational awareness asset for the Royal Canadian Navy.

## The masks we wear

By LCdr Travis Gardner,  
USN, Senior Base Chaplain, CFB  
Halifax

"What are you going to dress up as for Halloween?" This is a very common and fun question! It is one very special day out of the year that kids and our adult's inner kiddos get to have a blast, not to mention eat candy. Yum!! Where does this holiday come from in the first place? Why is it a thing, you may ask?

Here's some background beginning 2,000 years ago: "It originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints; soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating sweet treats." (<https://www.history.com/topics/halloween/history-of-halloween>)

When I was a kid I was (and still am) a huge Superman fan. I had

Superman pajamas that I'd wear and the cape attached by Velcro to each shoulder. Well let me tell you, it was a no-brainer that this was to be my costume that year. It is a really fond memory I have where I got to be the greatest superhero (Yes I said it) of all time.

This subject got me thinking though, how often is it that we wear an invisible mask or disguise pretending to be someone when around others when it's not Halloween? When I walk around doing my friendly neighborhood chaplain visits, I ask, "How are you?" To which the replies I receive most are "Good" or "Not too bad." These are fine answers, they are, however, very automatic. Those who know me when I come around will know I ask the question, "Without saying 'Good' or 'Not too bad', how are you?" Sometimes I'll get "Good" once again which is hysterical as it's that much on autopilot.

The reason I do this is so I can hopefully get unique answers which are almost always more real. All of a sudden I'm now learning about a great leave experience, wedding plans, or I'm let in to a hurting situation. As military members that serve alongside one another it can be easy

to get into the habit of autopilot answers. That said we have to be careful to not give intimate life details to just anyone. I'm referring to those in your life that you trust, just so we are all clear.

This brings me back to the point of the masks we wear, because it's all about how we want to be perceived. Jim Carrey starred in *The Mask* and we watched how the character Stanley Ipkiss wanted to be confident and accepted. The mask he put on did what he thought he needed it to do, although he sure did get into trouble. When we earn true trust with one another though we can be genuine. One of my favorite shows is *Cheers*. There



### Padre's Corner

was a character, Norm, who when he would walk into the bar everyone would shout his name, "NORM!" He knew it was a place where he was loved, liked, and accepted.

Maybe in our homes, work spaces, houses of worship etc. we can make a point to take off the costume and mask a little more often. Those around you just may surprise you with a deeper friendship because of it, with no need for a Trick or Treat. Happy Halloween!

## COME TO WORSHIP

at  
**CF CHAPELS**

Chapel Services de la Chapelle • Sunday/dimanche

**STADACONA**

8h30 - Protestant  
- English

**SHEARWATER**

10h00 - Roman Catholic  
- Bilingual/bilingue

Visit: [www.rcmilord.com](http://www.rcmilord.com) for more information/pour les renseignements  
BAPTISM, MATRIMONY & OTHER SACRAMENTS - BY APPOINTMENT/REQUEST

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

- Gospel according to John

# CWO conference in Halifax focused on improvements for members and families

By Ryan Melanson,  
Trident Staff

Even for some of the CAF's most senior non-commissioned members, who have decades of service time, stepping on board an RCN frigate can still be a unique experience.

That's why it was made sure a day sail with HMCS *Charlottetown* was on the agenda as a group of 50 Chief Warrant Officers and Chief Petty Officers First Class travelled to Halifax from September 25-27 for the annual CAF Chief Warrant Officers Conference. With chiefs from across the country as part of the group, as well as a few who came from postings abroad, some of them were seeing the home of the Atlantic Fleet for the first time.

"We're all away from our offices, coming from all over Canada, and being here in Halifax, it's one of the only places in Canada where we can find Army, Navy, Air Force, and SOF, our four force generators, all in one place," said CWO Alain Guimond, the CAF Chief Warrant Officer and leader of the conference.

"But of course Halifax is the home of the Navy and where we're building our Navy, so there is naturally a bit of a focus on the Navy."

The day at sea was complete with flyovers from the CP-140 Aurora and CH-148 Cyclone, and the CWO team had plenty of time to interact with junior members and the rest of the crew. They had similar experiences through the week through visits with 12 Wing Shearwater, SOF, and 5 Cdn Div facilities, and CWO Guimond had a lot of praise for the members who met with the CWOs, spoke about their jobs and gave equipment demonstrations during the tours.

"They were very professional and well spoken; they knew who they were talking to and were not intimidated. I don't know if I could have done the same when I was in their place," he said.

While the group spent their afternoons visiting facilities and meeting members, mornings were spent at Juno Tower going through the nuts and bolts of the conference, with briefings, discussions and working groups. Leading the conference for the first time after stepping into the CAF CWO role earlier this year, CWO Guimond said a focus for the week was exploring how the members at the CWO and CPO1 rank level can become better communicators and do more to improve the CAF experience for those below them.

"We're here to help people. Years ago, when I joined, the Chief Warrant Officer was there to yell and discipline people," CWO Guimond joked.

"Today, things are different. What



CWOs and CPOs enjoyed a mess dinner during the annual CAF Chief Warrant Officers' conference held in Halifax.

MARLANT PA

can we do to retain our people? To keep them happy and make them want to stay? We're asking those kinds of questions. This is not only about the soldiers, but their families as well."

Those questions around the morale and wellbeing of CAF members and their families fit into the larger initiative that Military Personnel Command has dubbed the Canadian Armed Forces Journey, focused on modernizing aspects of the CAF to benefit its people. This was a major focus for one morning of the conference, while subsequent days focused on identifying needed training and education for CWOs and CPO1s, as well as the Strategic Employment Model project, an ongoing effort to refocus the CWO and CPO1 rank on leadership roles only and reduce the overall number of members at the rank level.

Every attendee of the conference currently works for a general officer or flag officer, and busy days mean communication among the group via phone or email is difficult. Gathering the most senior NCMs once a year allows for a deeper exploration of issues and projects, and gets everyone on the same page for the year ahead.

"We're doing a lot of good work this week, and these things are going to help me, and they're going to help the Canadian Armed Forces in the future. This isn't about us, because we're all soon to retire. We're trying to do work that will help the people coming behind us," CWO Guimond said.

CWO Alain Guimond, the CAF Chief Warrant Officer, is greeted by members of HMCS Charlottetown prior to a day sail on September 25 as part of the CWO Conference held in Halifax.

MARLANT PUBLIC AFFAIRS



CWO Alain Guimond (right) takes in a presentation from personnel on board HMCS Charlottetown.

MARLANT PUBLIC AFFAIRS



# When air meets sea

By HCol Dan Hennessey,  
14 Construction Engineering Squadron

Growing up as a young boy in Dartmouth, the two military presences in my life were 12 Wing in Shearwater and the Navy, across the harbour in Halifax. Ships came and went on a regular basis, a common sight. Years later, September 20, I had the unique opportunity to get up close to one of Canada's warships, HMCS *Shawinigan* MM704, on those very same waters.

*Shawinigan*, a Kingston-class coastal defence vessel, has served in the Canadian Armed Forces and the Royal Canadian Navy since 1997. *Shawinigan* is the fifth ship of her class, in the Maritime Coastal Defence Vessel Project, all designed to fill the minesweeper, coastal patrol and reserve training needs of the Canadian Armed Forces.

I was greeted by the commanding officer of *Shawinigan*, LCdr Teri Share, who assumed command in July: it is very clear she is one of the Navy's rising stars. The day began with a short briefing on what was to come, as we headed with two other ships to the Bedford Basin for a series of exercises.

I was also exposed to many naval traditions while on board. One I could get very used to was the serving of soup at 10 a.m., prepared by an amazing galley staff. Once settled and, with a large amount of great Navy coffee, my day of going outside the world of a visitor began.

LCdr Share told me my RHIB was alongside, waiting to pick me and take part in their training. These Special Operations Rigid Hulled Inflatable Boats (SO RHIBs) are used onboard deployed ships as the main method of inserting an organic Enhanced Naval Boarding Party (ENBP), or Naval Boarding Party (NBP). The SO RHIB course trains boat cox'ns in operating these powerful boats during boarding operations. *Shawinigan* recently supported the SO RHIB course for five days at sea as a platform for teams to conduct approaches, practice insertion methods and exercise emergency procedures. The folks who had me in their boat were amazing, showing their skills. I told them this was the first boat I had been on, and almost encountering G Force pressures in its movements, I sat down, held on and enjoyed the ride.

Once back aboard *Shawinigan*, I had a great tour of this small but mighty workhorse. I was impressed by the young crew's level of professionalism and knowledge. Standing on the bridge, I was also amazed at how responsive the ship is as we manoeuvred around historic Bedford Basin, where so many years ago hundreds of ships gathered before the long and very dangerous voyage across the North Atlantic during the Second World War.



14 Construction Engineering Squadron HCol Dan Hennessey took a day's working tour of Halifax Harbour with HMCS *Shawinigan*'s Commanding Officer, LCdr Teri Share and her crew on September 20, learning more about the day-to-day training, responsibilities and tradition of Canada's military afloat.

SUBMITTED

The galley staff once again supplied the fuel to keep everyone operating and, following lunch, it was back to the ship's crew showcasing their capabilities. The first drill was for a man overboard (I did not volunteer to be that person, but stepped aside for Oscar the dummy). Oscar floated in the basin until he was rescued by a Zodiac, launched from the stern of *Shawinigan*. Even though a drill, you quickly saw all members of the crew take an active part maintaining visual contact with Oscar and assisting with the recovery operation. Following that was a fire drill exercise, and who better to get outfitted with all the protective equipment but me? I am amazed at the time it took to get me dressed in bunker gear, breathing apparatus and helmet; all to be ready to turn the hose on a fire, wherever it may be. What I took several minutes to do, with help from crewmembers, they have fine-tuned to a matter of a few minutes. The crew treats fire drills with the same level of intensity as the real thing, which keeps everyone at the maximum level of readiness.

Following this demonstration, it was time to bring this incredible day of learning to a close. Since assuming my role as honorary colonel of 14 Construction Engineering Squadron, I have had the great honour to meet so many amazing members of the CAF. It is incredible to see both the officers and enlisted members working so

cohesively to maintain our military's readiness. The young members walk in the footsteps of those who have led the way to ensure our military is one of the most respected in the world, and the officers and crew of *Shawinigan* should be proud of the great work they have done - and continue to do - in defence of our freedom.

## LAWYERS - AVOCATS

English/Francais

CRIMINAL LAW  
[www.singleton.ns.ca](http://www.singleton.ns.ca)

FAMILY LAW  
[www.singletonfamilylaw.ca](http://www.singletonfamilylaw.ca)

902.492.7000 902.483.3080  
(AFTER HOURS)

TOM SINGLETON  
LEORA LAWSON

1809 BARRINGTON STREET, SUITE 1100, HALIFAX, NS B3J 3K8

157816



# “I give because...”

## 2018 NDWCC Member Profile

By Margaret Conway,  
CFB Halifax Public Affairs

**Name:** Lt Pierre-Luc Gauthier  
**Occupation:** Clinical Social Worker,  
Canadian Forces Health Services  
Centre (Atlantic)

Lt Pierre-Luc Gauthier began his CAF career in 2013 when he joined the Reserves as an Intelligence Officer. Prior to enrolling in the CAF, he spent over five years as a Liaison Agent with the United Way in Quebec, working with numerous agencies and charities throughout the province and observing the important contributions they made to local communities.

“What [these organizations] can accomplish with very little money is amazing,” explains Lt Gauthier, adding that the dedicated employees working in the non-profit industry are tirelessly helping individuals and communities facing a wide range of challenges such as poverty, food insecurity and homelessness.

Soon after leaving his job at the United Way and while employed with the Reserves, Lt Gauthier began a post-graduate degree in Social Work. Upon graduating with his master’s degree in 2016, he joined the Regular Force as a Clinical Social Worker, solidifying his move from the non-profit world into the public service. His support for the United Way and his passion for community giving, however, continued with him as he began his full-time military career.

“My first question in the clerk’s office was how to donate to the NDWCC,” he laughs, suggesting that it’s not likely the most common first question from a member while conducting an in-routine.

His thorough knowledge of the United Way and the programs and agencies it supports has made Lt Gauthier truly appreciate how donations are used and whom they impact. He has since made a commitment to support the NDWCC every year. “I give because I’ve seen first-hand what

charities can do with my donations,” he adds.

When asked what his best piece of advice would be for members of the Defence Community who aren’t sure if they will donate, or don’t know to which organization(s) they should direct their funds, his answer is immediate. “Visit [local charities]. Do it. It’s very impressive. The need is there all of the time,” he explains, encouraging Defence Team members to get out and see for themselves what these organizations are accomplishing right here in our back yard.

He also makes it a point to highlight that many CAF and DND families use the programs and services offered by registered Canadian charities. By supporting the NDWCC, he explains, we are supporting not only our neighbours, but the entire Defence community as well.

For more information on the 2018 NDWCC campaign and to find out how you can give, please visit <http://halifax.mil.ca/NDWCC/index.html>, or call 902-721-8622.



Lt Pierre-Luc Gauthier.

SUBMITTED

## SURVEY

ON SEXUAL MISCONDUCT

### Every voice counts

Regular Force and Primary Reserve  
personnel, your input is important.

Complete the Statistics Canada  
Survey on Sexual Misconduct before  
15 November 2018.



Operation  
HONOUR

## SONDAGE

SUR L'INCONDUITE SEXUELLE

### Chaque opinion compte

À tous les membres de la Force régulière et de  
la Première réserve : votre avis est important.

Assurez-vous de remplir le sondage  
avant le 15 novembre 2018.



Opération  
HONOUR

# Indigenous war stories 'must be told,' says Quebec historian

By Steven Fouchard,  
Army Public Affairs

A Quebec-based amateur historian has set himself the ambitious goal of documenting every North American Indigenous soldier who has served since Europeans first discovered the continent in 1492.

In his role as president of Association de recherche des anciens combattants amérindiens, Yann Castelnot of Rivière-du-loup has already compiled the names and histories of some 150,000 Indigenous Veterans of Canada and the United States into an online database.

He began the work in 1998, inspired by an article on Indigenous soldiers of the First World War.

"At the time, the Internet was not as developed as today and the subject of Native American Veterans was not addressed anywhere," he recalled.

Castelnot, who has lived in Canada for over a decade, grew up in the Vimy region of France and close to many other significant Second World War sites, including the Somme in France and the Ypres region of Belgium, which fired his imagination.

"It is difficult to explain what this means without seeing it with your own eyes," he said. "But every community in the area contains a monument or military cemetery. They are deeply

rooted in our culture and pride."

Castelnot noted that Indigenous North American soldiers served proudly and voluntarily.

He said, "A majority of them did not have an easy life when they returned from the First World War; yet they reengaged voluntarily in large numbers during the Second World War. The story of the soldiers who fought on the other side of the world for the freedom of another people must be told."

Castelnot started with names from the World Wars but soon expanded the project to all who had served after December 29, 1890 - the date of the Wounded Knee massacre, when United States government troops killed Sioux tribe members in South Dakota. The number of fatalities is disputed but some sources cite as many as 300, many of them women and children.

He has received a number of honours for the work, including the Queen's Diamond Jubilee Medal presented by the Governor General in 2013, which he said provided the inspiration to start digging all the way back to 1492.

"Those who served in the Boer War or the War of 1812 also have the right to be honoured. So, I am now looking at more than 500,000 soldiers to be counted. If I could, I would do the same research and memory work for

all soldiers, but that is impossible for an amateur like me."

Governor General Julie Payette honoured Mr. Castelnot with a Caring Canadian Award in 2017 - the same year he received a Minister of Veterans Affairs Commendation.

"It is a great honour for a French citizen who has become a Canadian citizen," he added. "To receive these distinctions is a signal for me that I must continue."

## Some Notable Indigenous Veterans of Canada

Many Canadians are familiar with Company Sergeant Major Francis Pegahmagabow and Sgt Tommy Prince. CSM Pegahmagabow was one of only 38 Canadians to receive the Military Medal with two bars for service in the First World War. Sgt Prince was awarded a total of 11 medals for his service in the Second World War and the Korean War.

Castelnot has offered the following names when asked for other notable Canadian Indigenous Veterans that Canadians ought to know just as well.

### Sgt Frank Narcisse Jérôme

A Mi'kmaq member of the Gesgapegiag First Nation, Sgt Jérôme was one of the few Canadians to receive the Military Medal three times for service in the First World War.

In November 1917, near Avion, France, he held his position under artillery fire and helped fend off a number of enemy attacks at the same time. His Military Medal citation states: "His coolness under fire was a brilliant incentive to all ranks."

### Capt Alexander Smith Jr.

Son of Six Nations Cayuga chief Alexander George Smith, Capt Smith earned the Military Cross in September 1916 during the second Allied assault on the Somme. The citation notes that "he proceeded with a party of bombers and captured an enemy trench and 50 prisoners, displaying the greatest courage throughout. He was twice buried by shells but stuck to his post."

He was additionally named an Officer of the Order of the Black Star;



Chief Francis Pegahmagabow (1889-1952), was one of Canada's most decorated soldiers of the First World War; serving as a scout and sniper with the Canadian Expeditionary Force's 1st Battalion. He was Chief of Wasauksing First Nation near Parry Sound, Ontario for two terms and advocated for Indigenous rights all his life. Photographed in June 1945 while in Ottawa.

MAPLE LEAF, CANADIAN MUSEUM OF HISTORY, 95293.

a Polish order, for his distinguished service at a training camp at Niagara-on-the-Lake, Ontario where many Polish soldiers trained. Capt Smith later became chief of the Six Nations Grand River Reserve, near Brantford, Ontario.

### MCpl Kristal Lee-Anne Giesebrecht

MCpl Giesebrecht, a medic with 1 Canadian Field Hospital, was killed in action in June 2010 during her second tour in Afghanistan. A member of the Mohawks of the Bay of Quinte, she received a posthumous Sacrifice Medal as well as the South-West Asia Service Medal with Afghanistan Bar.

### Sgt (ret'd) Daniel Lafontaine

Sgt (ret'd) Lafontaine is a Métis Veteran of peacekeeping operations in Cyprus and the former Yugoslavia. He dealt with Post-Traumatic Stress Disorder after retiring from the Armed Forces in 2003 and has continued to advocate for other ill and injured Veterans.

He has been recognized for this work with a Minister of Veterans Affairs Commendation and received several military honours, including a Chief of the Defence Staff Commendation, a Command Commendation, a Canadian Forces Decoration, and the Canadian Peacekeeping Service Medal.

## Treaty Day 2018



MARLANT and CAF members participate in the Veterans Parade of Honour and stand together with the community at Grand Parade Square during Mi'kmaq Treaty Day to honour the treaties of the past, present and future in celebrating Mi'kmaq history, heritage and culture in Nova Scotia. Lt Gov The Honourable Arthur LeBlanc, Her Honour Mrs. Patsy LeBlanc, Mayor Mike Savage, and Grand Captain Andrew Denny were among the dignitaries present for the occasion.

MONA GHIZ, MARLANT PA

**ANTOVIC**  
REAL PROPERTY  
**APPRAISALS INC.**

**NEED YOUR HOME APPRAISED?**

Are you relocating? Call us!  
Friendly, Reliable, Accurate, Timely

**Servicing: Sackville, Bedford, Halifax/Dartmouth & Outlying Areas**  
Tel: (902)441-4434 • Fax: (902) 406-5525 • [www.antovicappraisals.com](http://www.antovicappraisals.com) • Email: [jantovic@eastlink.ca](mailto:jantovic@eastlink.ca)  
*We look forward to speaking with you!*

157797



# Former sailors from HMCS *Protecteur* engine room fire reunite at sea with USS Michael Murphy

By PO1 Nicolas Major,  
NRU Asterix Senior Naval  
Communicator

After a catastrophic engine room fire on board HMCS *Protecteur* left her adrift and without power on February 27, 2014, USS Michael Murphy was first on the scene.

When they arrived, the day after the fire, it gave us a sense of relief. Help had arrived on location.

After six days of towing by USS Michael Murphy, USS Chosin and USNS Sioux, *Protecteur* was brought alongside Pearl Harbor. The efforts of Michael Murphy earned them a CAF Unit Commendation for their immediate response to *Protecteur* and the family members embarked. Four years later, during Exercise KAKADU 2018 off the coast of Australia, five of the former crewmembers from the *Protecteur* fire are supporting replenishment at sea (RAS) operations to refuel USS Michael Murphy from *Protecteur*'s replacement, MV Asterix.

When I was told that we would be transferring fuel to USS Michael Murphy during Ex Kakadu 2018, fond memories came back of the amazing support the American destroyer provided to us after the fire onboard *Protecteur*. Without hesitation, they sent over water, Gatorade and medical support. They even took care of our loved ones as they received 17 civilian family members that had embarked as part of a morale and outreach building tiger cruise. They expressed later that they were treated like family onboard the American destroyer.

On September 8, the five members of Naval Replenishment Unit Asterix, MS Bertrand Robillard, MS Andrew Clark, LS Robert Lalonde, LS Iain Gozzola, and I, were all at our stations during the RAS, supporting the ship that had supported us during those harrowing days. It was now the former crew's turn to provide a service to the USS Michael Murphy. LCdr James Classen, CO NRU Asterix, was the first to welcome the Michael Murphy. He passed words of appreciation to the US crew over the radio while providing instructions to bring the ship into the RAS station. After over 200 cubic metres of fuel were transferred, all five former *Protecteur* crew members couldn't help to but smile and feel a sense of gratitude for the ship that shared a page of RCN history with them. It was an honour to be sailing again in company with USS Michael Murphy.

On behalf of the former crew of *Protecteur* and the crew of MV Asterix, thank you again, USS Michael Murphy, for the service and support you provided to the sailors of the RCN. We strongly believe that your motto "Lead the Fight" suits you well!



*Former HMCS Protecteur Crew Members onboard MV Asterix while RASing with USS Michael Murphy on September 08. Left to right: PO1 Major, LS Gozzola, MS Clark, LS Lalonde, MS Robillard.*

SUBMITTED

*LCdr Classen (left) thanking USS Michael Murphy during their approach with MV Asterix. Bernard Wentzell MV Asterix's civilian master, is on the right.*

SUBMITTED



*RAS with USS Michael Murphy off the coast of Northern Australia.*

SUBMITTED



# Soulever la question, non l'alarme

**Cher SGCP,**  
Mon collègue et moi avions un désaccord et maintenant elle ne me parle plus. J'ai essayé de l'inviter à prendre un café, mais elle a juste dit « non » et n'a même pas fait de contact visuel avec moi. Notre travail dépend de notre communication ouverte, que puis-je faire?

La communication ouverte est non seulement important pour vous, mais aussi pour s'assurer de finir le travail. Vous avez identifié le besoins de résoudre les problèmes avec votre collègue afin de faire efficacement votre travail.

Voici un processus en trois étape pour soulever un problème de manière efficace et non défensive avec d'autres;

**Étape 1.** Décrivez la situation telle que vous la voyez, en vous concentrant sur le problème (pas la personne) et en utilisant un ton et des mots neutres non accusatoires.

**Étape 2.** Expliquez pourquoi il est important que vous ayez cette discussion.

**Étape 3.** Cherchez un accord sur les problèmes et invitez l'autre personne à travailler avec vous pour les résoudre.

Par exemple, pour soulever la question avec votre collègue vous pourriez dire;

**Étape 1 :** Depuis notre désaccord nous n'avons pas bien communiqué.

**Étape 2 :** C'est important pour moi que nous gardons les linges de communications ouvertes afin que notre travail ne soit pas affecté.

**Étape 3 :** Aimerez-vous travailler avec moi pour résoudre nos différends?

Pour plus de renseignements sur les façons d'avoir une conversation difficile avec un collègue, SVP contactez un praticien au Service de Gestion de Conflit et de Plainte. Nous avons des centres à Stadacona, à Halifax S18 (902-721-7533), à Greenwood (902-599-3742) et à Gagetown (506-422-2000 poste 2232).

*Merci pour votre question  
Un praticien de Service de Gestion de Conflit et de Plainte*

# Raise the issue, not alarm

**Dear CCMS,**  
My co-worker and I had a disagreement and now she's not talking to me. I tried inviting her to coffee but she just said "no" and didn't even make eye contact with me. Our work depends on us having open communication, what can I do?

Open communication is not only important to you but also to getting the job done.

You've identified the need to resolve the issues with your co-worker in order to effectively do your job.

The following is a three-step process to raising an issue effectively, and non-defensively, with others:

**Step 1.** State the situation as you see it, focusing on the problem (not the person), and using a neutral non-accusatory tone and words.

**Step 2.** Explain why it is important for you to have this discussion.

**Step 3.** Seek agreement on the issues and invite the other person to work with you to resolve them.

For example, in order to raise the issue with your colleague you could say:

**Step 1:** Since our disagreement we haven't been communicating well.

**Step 2:** It is important to me that we have open lines of communication so that our work isn't impacted.

**Step 3:** Would you like to work with me in resolving our differences?

For more information on how to have a difficult discussion with a colleague, please call a practitioner at a Conflict and Complaint Management Services Centre. Our centers are in Stadacona, Halifax S18 (902-721-7533), Greenwood (902-599-3742) and Gagetown (506-422-2000x2232).

*Thank you for your question,  
CCMS Practitioner*

# Composer dives into submarine culture

By SLt M.X.Déry,  
MARPAAC Public Affairs

Naden Band bassoonist, composer and honorary member of the Submariners Association of Canada, PO2 Robyn Jutras received a Commander Royal Canadian Navy Commendation

last week. It was presented to her by Capt(N) Christopher Robinson, Commander Canadian Submarine Force.

The award is in recognition of her outstanding services to the Royal Canadian Navy by composing the *Dolphin March*, the first submariner military march.

The commendation reads: "Through this composition, she showcased her exceptional dedication, technical expertise and musical innovation. It both honours the service of submariners and represents their spirit."

PO2 Jutras was humble in speaking about her second major composing success, the first being the Centennial March for Princess Patricia's Canadian Light Infantry.

"I am honoured, obviously, this is far and beyond anything I expected for what I consider to be doing my job and a more enjoyable part of my job," said PO2 Jutras, adding that she exalts in the positive response from submariners. "Making people happy is the best part about writing music."

Capt(N) Robinson thanked PO2 Jutras and the band for their efforts in bringing this musical piece to life.

"Marches provide a unifying function, more than just at formal dinners, like mess dinners, but it is something that everyone can identify with and particularly this march has the tie into the sound of the klaxon," said Capt(N) Robinson. "The dive klaxon, in the olden days, is how everyone throughout the submarine was made aware that the submarine was proceeding to dive into the water. It is something that resonates anywhere you go in the world; submariners recognize the klaxon. So, it is really thrilling, not only to have a march, but to have one that incorporates such a substantial part of our heritage."



PO2 Jutras accepts the Commander RCN Commendation from Capt(N) Christopher Robinson, Commander Canadian Submarine Force.

SUBMITTED.



## POSTED?

GET PRE-APPROVED BEFORE YOUR HHT

**WE OFFER:**

- Military clause for some mortgages
- A six-month mortgage protection plan, paid by us
- Instant pre-approvals
- A one-year home system warranty

**SPECIAL DND OFFERS AVAILABLE. CALL TODAY!**  
Use the "Support Our Troops" Promo code for a .10 rate cashback on your approved rate. OAC.

**1.800.991.7993 • MORTGAGEFORCES.CA**



# Great day for sailing in Goldcrest

By LS Mason,  
Fleet Augmentation (Pacific)

September 27 was a remarkably warm and sunny day with a light breeze blowing out to sea. In short, it was a perfect day for sailing. The OIC of the Goldcrest, John Haggis, hoped it would be as he had planned to introduce the joys of sailing to those of us on Fleet Augmentation (Pacific) who showed an interest. AB Fung, AB Mang, OS Makohin, AB Bilodeau and I, LS Mason, took full advantage of the opportunity.

We toured the inner harbour as sea-planes landed around us and waved with a smile to all who passed us by. It was pretty hard not to on such a beautiful day. As we left the harbour with the wind at our backs, we opened the sails and allowed the wind to take us where we wanted to go. John taught us about tacking, and the basics of maintaining a bearing. We all took turns at the helm. Our next stop was lunch at Albert Head.

After lunch, it was time to head back. As we were travelling into the wind this time, we left the engines on and relaxed as we coasted back to Esquimalt Harbour. If the mission was to encourage an interest in sailing, then I think it is safe to say, mission accomplished.



*Five sailors from Naval Fleet School Pacific spend a day in Goldcrest.*

SUBMITTED

## NTOGs train aboard HMCS Ville de Québec

*Members of HMCS Ville de Québec's Naval Tactical Operations Group train during Op REASSURANCE. The ship's mid-deployment rest and maintenance period concluded on October 6.*

MCPL ANDRE MAILLET, MARPAC IMAGING  
SERVICES



# FALL AUTOMOTIVE MAINTENANCE *feature*



## Savvy car owners do this before winter

(NC) Winter will be here before you know it, so if you plan on driving in the cold weather, here are some basic things you need to do to get your car ready for the frigid months ahead.

**1. Check the battery.** Do you know how old your battery is? If it's more than three years old, it may be losing its ability to hold a charge and you don't want to find that out when the first cold snap hits and you can't start your car. Get it checked by your mechanic and be sure to have booster cables in your trunk and know how to use them.

**2. Replace your wipers.** During the sunny days of summer, we don't use our windshield wipers much, but when the snow and sleet are flying, shabby wipers won't cut it. Not being able to see properly is a safety hazard, so replace your old wipers with heavy-duty ones designed to handle the ice of winter.

**3. Inspect your snow tires.** No matter what anyone tells you, all-season tires are not as good as winter ones during the coldest months of the year. If you're not currently using them, upgrade to winter tires and if you are, check them well before your installation appointment so that you have more time to shop for sales if they need replacing.

**4. Create an emergency kit.** Emergencies don't only happen to other people. Create an emergency kit for your car in case you get stranded by bad weather. Pack blankets, energy bars, a hat, gloves and a flashlight to keep you safe until help arrives. Make sure to have something that lets you charge your mobile phone so you can call for assistance.

**5. Rustproofing.** Researchers at the University of Windsor studied hundreds of cars and found that untreated vehicles had 6.8 times more visible corrosion on body panels than cars that benefitted from Krown Rust Control treatments. Underbody parts had 3.6 times more corrosion than treated cars. Winter is the time your car is most likely to be bombarded with salt and road-de-icing chemicals that can greatly accelerate corrosion. Protecting your vehicle against rust will help your vehicle to last longer, look better and will even make it safer to drive by protecting important components from rusting.

## Drivers beware — follow this key tip to keep your family safe

(NC) Between daily shuttling to school and work, family road trips, and our harsh Canadian weather, your vehicle works hard to power your lifestyle. That's why it's so important to make sure it's running smoothly and safely by protecting it from rust.

Keeping a car rust-free not only keeps it looking good, but also makes it safer to operate, especially if you keep rust away from the rarely seen under-surfaces of the car.

"Corrosion on your vehicle's underbody may not matter cosmetically, but it can represent a safety issue," explains Craig Shuttleworth, marketing director at Krown. "Specifically, the vehicle frame which when compromised by corrosion can cause life-threatening failure in the event of a vehicle accident is a real concern."

The underbody of your car is subjected to a greater exposure of dirt, gravel, water and harsh road chemicals than its upper body panels, so it's where corrosion is greatest.

A recent study by engineering researchers at the University of Windsor found that unprotected cars had 3.6 times more corrosion on their underbodies than those that were protected with Krown Rust Protection.

The findings back up other research that found that rust starts on the inside of body panels and at spot welds and joints where moisture collects and doesn't drain. Corrosion does its damage invisibly over many years before making its way to the surface, where it makes its presence known as blisters or perforations.

The likelihood of spotting corrosion on underbody surfaces is lower because most car owners never see them. That's why automotive experts say that when anyone works on the underside of your car, whether it be to change the tires or the oil, you should ask them to inspect for signs of corrosion. For additional peace of mind, they add that you should apply regular rust protection to those areas to delay any corrosion.



**CANEX 50**  
CANADA'S MILITARY STORE  
LE MAGASIN MILITAIRE DU CANADA  
YEARS • ANS

CANEX  
Windsor Park  
902-465-5414

**DON'T PAY UNTIL  
MARCH 2019!**

Plus no money down,  
not even the taxes O.A.C.

**Your choice of  
12 · 24 · 36  
month terms**

**OK TIRE**  
Honestly driven.

Use the credit plan on your OK TIRE purchase at any of these locations.  
Special conditions apply. Ask a CANEX associate for details.

**Halifax**  
3587 Percy Street  
902-431-5191

**Elmsdale**  
268 Park Road  
902-883-7121

**Dartmouth**  
13 Wright Avenue  
902-425-8473

**Bayers Lake**  
280 Horseshoe Lake Drive  
902-405-4040

**Hammonds Plains**  
2074 Hammonds Plains Road  
902-835-7691

# The future of health and fitness at CFB Halifax: What you need to know

By CFB Halifax

*Please note: the French version of this article will be included in a base-wide e-mail to be released on October 15. / Remarque : La version française de cet article sera incluse dans un courriel qui sera envoyé à l'ensemble de la Base le 15 octobre.*

In late May of this year, it was announced that CFB Halifax's Stadacona Fitness, Sports and Recreation Centre (STADPLEX) will permanently close its doors by October 31, 2018. The facility has stood for 75 incredible years as a health and physical fitness hub for local military members, their families and the community, and holds lasting memories for many of our Defence Team personnel, past and present.

PSP Halifax, Base Administration, Real Property Operations, Base Logistics, Defence Construction Canada and many other groups and individuals have been working hard behind the scenes to ensure that our members continue to receive the quality health and physical fitness programming that has benefited our local Defence community for many years. New initiatives are on the horizon, long-term solutions are being explored and many planned changes are ready for implementation.

So as October 31 quickly approaches, here's what you need to know about the future of health and physical fitness at CFB Halifax:

## Extended hours of operation

### Fleet (HMC Dockyard) gym

Effective November 1, the Fleet (Dockyard) gym will be open to CAF members and DND civilian/NPF employees weekdays from 6am - 9pm and weekends from 9am - 2pm. Valid CAF/DND identification will be required for Dockyard access. Due to security restrictions, retired Defence Team personnel and members of the public are not permitted entry onto Dockyard property. Updated fall programming for the Fleet gym can be found at <https://www.cafconnection.ca/Halifax/Facilities/Fitness,-Sports-and-Recreation-Centres/Fleet.aspx>

### Admiral's Gate (Dockyard) and Lorne Terrace Gate (Stadacona)

To accommodate the extended hours of operation at the Fleet Gym, Admiral's Gate will be open weekdays from 5am - 9pm and weekends from 9am - 5pm starting November 1. Access to the Dockyard via Rainbow Gate remains available 24 hours a day, 7 days a week as well. Presentation of valid CAF/DND identification is required at both Admiral's Gate and Rainbow Gate to be permitted entry onto Dockyard



CAF members do a spin class at the Fleet gym

SUBMITTED

property. To provide members with the most direct route from Stadacona to the Dockyard, Lorne Terrace Gate will share the same weekday and weekend hours of operation as Admiral's Gate effective November 1.

### Shearwater gym

The Shearwater gym is now open weekdays from 6am - 9pm and on weekends from 9am - 5pm. Serving and retired CAF members, military families, DND civilian/NPF employees and members of the public are welcome. Fall programming for the Shearwater gym can be found at <https://www.cafconnection.ca/Halifax/Facilities/Fitness,-Sports-and-Recreation-Centres/Shearwater.aspx>

### FREE gym memberships for DND civilian and NPF employees

Effective November 1, DND civilian and NPF employees will no longer be required to purchase a GAP pass in order to use the Fleet and

Shearwater gym facilities. Presentation of valid DND identification is all that will be needed to access these centres. Members who currently possess a GAP pass can visit the front desk at either the Fleet or Shearwater gym to request a prorated refund.

### Upgrades to Fleet and Shearwater fitness facilities

The Fleet gym is currently undergoing structural renovations that will allow for the addition of extra cardio equipment, while the Shearwater gym will soon receive upgrades to its pool facility. Various cosmetic renovations will be completed at both facilities as well. These upgrades will have minimal impact on gym patrons; any temporary closures required during the renovation process will be communicated to members well in advance.

### Changes to program, FORCE test and fitness class locations

### Centennial Pool - FREE access for CAF members

Starting November 1, CAF members will be permitted free access to daily swim activities at Centennial Pool, located at 1970 Gottingen Street; a full list of swim schedule offerings will be announced soon. To access this pool facility, CAF members will be required to present military identification and sign a registry at the Centennial Pool front desk; no formal pass is required. Free access to Needham Pool lane swims currently offered to CAF members will remain available until October 31. Open swims and lane swims remain available at the Shearwater pool as well. Please refer to the PSP Halifax website to view the current Shearwater aquatics schedule: <https://www.cafconnection.ca/Halifax/Facilities/Fitness,-Sports-and-Recreation-Centres/Shearwater.aspx>

*Continued on page 15*

# The future of health and fitness at CFB Halifax: What you need to know

Continued from page 14

## Reconditioning Program returns to Stadacona

The Reconditioning Program will be returning to Stadacona on November 1, to be located in building S24A (the CANEX/Tim Hortons/SISIP building). The aquatic component of reconditioning programming will remain at the Shearwater pool facility. PSP Halifax will be contacting program participants directly to provide further information.

## Fitness class and FORCE testing change of location

As part of the planned transition of fitness services from STADPLEX to other CFB Halifax facilities, all STADPLEX fitness classes and FORCE testing have been moved to the Fleet (Dockyard) gym, building D216. Any inquiries regarding fitness classes and FORCE testing can be sent to Lucas Hardie, CFB Halifax Fitness Coordinator at Lucas.Hardie@forces.gc.ca or 902-427-3524. PSP Halifax is working to secure an additional FORCE testing location to accommodate the high level of demand for services throughout the Formation.

## Coming soon!

### Hotel-style gym facilities at Juno Tower and Tribute Tower

In early November, Base Accommodations will be opening hotel-style gym facilities at Juno Tower and Tribute Tower. These fitness centres will be accessible 24/7 to residents of both accommodations towers as well as their guests. An official opening date will be announced in the coming weeks.

### New lunch hour programming at Stadacona

PSP Halifax will be introducing brand new lunch hour fitness classes at Stadacona in the New Year. Stay tuned for an announcement in January 2019!

## Existing mini-gyms and the provision of gym equipment for additional units

PSP Halifax has identified over 10 units within CFB Halifax that currently house their own unit mini-gyms. We encourage these units to

continue making use of these facilities for their health and physical fitness needs. Many additional units have reached out to PSP Halifax in the last several months with interest in securing some of the STADPLEX weight and cardio equipment that will not be moved to the Fleet and Shearwater gyms. PSP staff have been working diligently to rehome much of this equipment to units that are equipped with shower facilities. Once established, these mini-gyms are the responsibility of the individual units and are not supported by PSP.

## Existing fitness facilities at your fingertips

CFB Halifax is home to a variety of fitness and sport facilities and outdoor recreation areas that can be enjoyed by our local Defence community and members of the public year round. Why not try your hand at curling, or get some friends together for a softball game at Windsor Park? Have a look at the list of offerings below and make it a point to try something new today!

## Indoor Fitness and Sport Facilities

- **Fleet gym** (available to CAF members and DND civilian/NPF employees\*)
- **Shearwater gym and pool** (available to serving and retired CAF members, military families, DND civilian/NPF employees and members of the public\*)
- **Shearwater Arena** (available to serving and retired CAF members, military families, DND civilian/NPF employees and members of the public\*)
- **CFB Halifax Curling Club – Windsor Park** (available to serving and retired CAF members, military families, DND civilian/NPF employees and members of the public\*)
- **Forum Arena** (10.5 hours of ice team available to CAF members each week\*)
- **Cole Harbour Place squash courts** (Free access for CAF squash team members with presentation of valid CAF identification\* Courts available Tuesday/

Thursday from 11am - 1pm and Mondays from 4pm - 6pm)

- **Centennial Pool** (Free access for CAF members starting November 1 with presentation of valid CAF identification at Centennial Pool front desk.\* Available swims to be announced)

## Outdoor DND Recreation Areas/Sports Fields

- **Ball fields – Shearwater and Windsor Park** (available to serving and retired CAF members, military families, DND civilian/NPF employees and members of the public\*)
- **Porteous Field and running track – Stadacona** (available to serving and retired CAF members, military families, DND civilian/NPF employees and members of the public\*)
- **Hartlen Point Golf Course – Eastern Passage** (available to serving and retired CAF members, military families, DND civilian/NPF employees and members of the public\*)

*\*Usage of all indoor and outdoor recreation facilities is based on availability. Please call 721-6576 for more information until October 31. A new information line will be made available in November.*

## Discontinuation of Locker Rental Program

The locker rental program at the Fleet gym will be discontinued effective November 1 in order to accommodate the larger volume of personnel expected at this facility. Lockers will remain available for use during your workout. If you currently pay into the locker rental program at either the Fleet or STADPLEX gym, please return your pass to the gym where you created your allotment in order to cancel if you have not already done so. You will be required to sign a form requesting to have your allotment ceased.

## Demolition of STADPLEX

The demolition of STADPLEX is being coordinated through Real Property Ops and will be carried out in phases. Externally, few visual changes

will be evident for several months as structural preparations are completed in advance of the full demolition.

## Planning for the future

As the above changes are implemented here on Base, medium and long-term strategies are being developed to ensure that our Defence community can enjoy quality health and fitness services for years to come.

### Medium-term: Temporary dome, Shearwater gym upgrades (Anticipated completion: 2-3 years)

Temporary winterized dome facility at Stadacona

A temporary winterized dome facility is being planned for Stadacona. Equipment, spaces and services to be offered are yet to be confirmed, but may include an indoor track, weight and cardio equipment and court space on which members can partake in sports such as basketball, volleyball and badminton.

Expansion of Shearwater gym facilities

While immediate (Phase 1) upgrades to the Shearwater pool facility will be completed in the coming months, a larger Phase 2 renovation is being planned for the Shearwater gym that will see the expansion of its weight and cardio rooms along with various structural improvements.

### Long-term: Permanent replacement gym (Anticipated completion: 10-12 years)

A long-term capital project has been submitted for funding approval that will see a new, permanent fitness centre constructed at Stadacona. Senior leadership from the RCN, CFMWS and ADM(IE) are moving this project forward with high priority.

As we work toward these medium and long-term goals, we will continue listening to the feedback, concerns and recommendations raised by our Defence community and will remain committed to pursuing creative solutions that maximize your ability to access health and physical fitness programming on Base. Please refer to the PSP Halifax website for the latest updates. <https://www.cafconnection.ca/Halifax/Facilities/Fitness,-Sports-and-Recreation-Centres.aspx>



**HEAT YOUR HOME FOR LESS!**

Save up to \$0.08/L on home heating oil or propane\*



For more info, visit [www.CANEX.ca/hhp](http://www.CANEX.ca/hhp)

**CANEX**  
1-877-441-6161



**Bluewave Energy**  
1-888-690-2244 | [BluewaveEnergy.ca](http://BluewaveEnergy.ca)



Plus get 230 AIR MILES Bonus Miles for new oil delivery accounts.\*\*

\*Eligible customers can save up to 4 cents per litre off the regular delivered price of home heating (oil or propane) and could also qualify for an additional rebate based on oil home heating purchases. \$0.08 per litre is based on average home consumption of 3,000 litres per year. Propane available in select areas. Please contact your local branch for detailed coverage area. AIR MILES® Reward Miles are only available on home heating oil and equipment. \*\*New residential customers get 200 AIR MILES Bonus Miles after the first 1000 litres of home heating oil are purchased. Get 15 additional AIR MILES Reward Miles when you sign up for automatic delivery and another 15 AIR MILES Reward Miles when you sign up for budget billing. Some conditions apply. \*\*\*Trademarks of Air Royalties Limited Partnership used under license by LoyaltyOne, Co. Bluewave Energy and Parkland reserve the right to cancel, terminate, modify, change, amend, suspend or continue the AIR MILES® Reward Miles program at any time without prior notice. \*\*\*All of the Bluewave trademarks are owned by Parkland Fuel Corporation.



# A healthy workplace is good for business

## By Formation Health Promotion Team

In times of corporate downsizing and the FRP of the CAF started decades ago, we are all being asked to do more with less. It is, therefore, no surprise that a considerable amount of each day is spent at the workplace. In many cases, employees are spending more time with fellow co-workers than with family members. With employees spending so much time at the worksite, it is vital that a healthy workplace environment exist. Research has shown that the health of each worker can be significantly impacted by the health of the worksite. To ensure a healthy worksite, contributions must be made by both the employee and employer.

Below are some Health Promotion and DND support programs that contribute to a healthy workplace for both the CAF and the defense support teams:

- Stress Management Programs
- Conflict Resolution Programs
- Occupational Health and Safety
- Employee Assistance Programs
- Proper Environmental Conditions
- Human Resource Support

Let's examine some of these aspects.

### Stress Management

It has been clearly established that workplace stressors can have a significant impact on an employee's health and can also impact her/his life outside of the work environment. To avoid long-term health implications, it is important for employees to take advantage of stress management programs and practice personal de-stressing behaviours on a regular basis.

Health Promotion Services – 902-722-4956

### Conflict Resolution

If you are experiencing conflict with your supervisor or a co-worker, the potential for health problems, both short and long-term, is increased. Every employee likes to feel valued and accepted as “part of the team” and, therefore, it is important to resolve workplace conflicts as soon as possible. As such, both employees and employers should be encouraged to take advantage of the various information, education and mediation services available through the Integrated Conflict and Complaint Management Services.

Telephone 902-721-7533 or 1-855-202-7863

### Formation Safety and Environment

Workplace safety is critical to the health of all workers. If there is a disregard for safety procedures being followed in the workplace, serious consequences could result. Everything from the wearing of proper safety equipment to the reporting of deficiencies is important in keeping our workplaces safe for both our employees and our clients. Formation Safety has a variety of safety-related resource materials and training courses available.

+N48FormationSafetyand Environment@forces.gc.ca

### Employee Assistance Program (EAP)

At various points throughout a person's career, situations may arise that will require an employee to seek assistance. The information and support services available through EAP can prove invaluable in this regard. Employees are encouraged to contact their EAP representatives for assistance or for more information.

Employee Assistance Program – 1-800-268-7708

[http://halifax.mil.ca/HRPP/pages/fhr\\_eap\\_ref\\_agents.html](http://halifax.mil.ca/HRPP/pages/fhr_eap_ref_agents.html)

### Proper Environmental Procedures

Research has shown that the air quality, room temperature, and amount of lighting within a workplace can dramatically impact the productivity and health of employees. It is important, therefore, that ideal conditions and standards be implemented and enforced. This will help to create and maintain a healthy workplace for all employees.

+PMED halifax@CF H Svcs C(A) Halifax

hfxn46007@intern.mil.ca  
PMed Team Lead – 902-721-8197  
Base Snr Tech – 902-721-8197  
Jr PMed – 902-721-8706/721-6564  
OHST – 902-721-7836

Physiotherapy department (Halifax): 902-721-8738

Physiotherapy department (Shearwater): 902-720-1608

### Human Resource Support

Support from your local Human Resources departments can also be of great assistance in maintaining a healthy workplace. From technical training opportunities to vacation planning, many Human Resources departments offer a variety of services. For more information about the services available to you, please contact your local Human Resources department.

Manager HR Services RCN & Lodgers  
Tel: 902-721-1134

NPF Human Resources – 902-721-8840

Recognizing that health is not an eight to four concept and that the personal lifestyle practices of each employee can directly influence the health of the workplace, it is important for all of us to invest in our own health and well being. Each worker contributes great value to their families and communities, as well as to their employer.

As employees, it is important that we take care of ourselves by making healthy lifestyle choices. For example, proper nutrition, taking regular vacations, being physically active, getting enough sleep, and reducing or stopping high-risk behaviours such as smoking are all important factors in ensuring that an employee stays healthy. Many of these aspects are totally controllable by the employee and can contribute greatly to the health resiliency of each worker.

Within the workplace, employers can build on the personal health practices of their employees by providing opportunities for workers to participate in health-enhancing programs and by maintaining a safe and healthy working environment.

Workplace health really is a collaboration of healthy personal practices and healthy business practices and policies. In today's economy, investing in the health of the workforce can prove to be a competitive advantage that ensures a company's profitability and, possibly, its very existence. To use an old phrase “employees are the greatest assets of any business.” To ensure that the value of these assets does not depreciate but rather appreciates, however, is important to maintaining a healthy workplace and must remain on the company's agenda. Any effort made by either the employer or the employee towards creating healthy workplace practices has tremendous worth. In fact, research continues to show that such efforts contribute directly to the financial health of the company.

Since the month of October is set aside to have us focus on fostering a healthy workplace, spend a moment reflecting on the health of your workplace and maybe even suggest some changes that could be made to improve it.

# CAF family violence prevention and awareness

## By the Family Violence Crisis Team

### What is Family Violence?

Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behaviour. Family violence has both short and long term effects. Research shows that children living in violent homes suffer emotional abuse as a consequence of witnessing family violence.

### There Are Many Kinds of Abuse

**Physical Abuse** includes hitting, pulling, pushing, pinching, slapping, shaking, squeezing, arm-twisting, using a weapon, and threatening to assault.

**Sexual Abuse** includes forcing anyone to have sexual relations against

their will, any unwanted touching, or kissing. Anyone always has the right to say “no.”

**Social Abuse** includes not giving a person space or privacy, treating them like a servant, controlling what they do, who they see, who they talk to and where they go.

**Emotional Abuse** includes yelling, intimidation, making a person think they are crazy or stupid, insulting, name-calling, blaming, and overpowering their emotions.

**Financial Abuse** includes withholding access to financial resources and/or denying another being able to use any resources of a financial nature.

### Family Violence Prevention and the CAF

Family violence in any form is a

priority issue that is being addressed within the Canadian Armed Forces. It has an impact on the whole community, not just the family involved. The unfortunate part is that family violence left unaddressed, can escalate.

**If you are experiencing or witnessing family violence... seek help!**

### Need help or more information?

Contact the **Halifax and Region Military Family Resource Centre's 24-hour Information and Referral Line** (427-7788). They can help.

Or contact another member of the **CFB Halifax and Region Family Violence Crisis Team**, which includes representation from:

- Psychosocial Services (Social Workers), 902-721-8607
- Chaplains, 902-721-8660

- Military Police, 902-722-4446/Emergency – 902-722-4444

### Where to go for support outside the CAF

- Emergency Services
- Shelters
- Victims Services
- Sexual Assault Support Centres
- Social or Family Service Agency
- Children's Aid Society
- Hospitals

### Confidentiality

Each service listed acts independently and all uphold confidentiality. No one will have access to your use of any service without your consent or in the following situations: potential harm to self, potential harm to others, child at risk, and/or testimony in court.



# Full-time, postgraduate training opportunities: autumn deadline

**By the Directorate Air Personnel Management**

The Sponsored Post Graduate Training (PGT) program offers select Regular Force officers the opportunity to complete postgraduate studies, at universities in Canada or abroad, in specialized areas of knowledge. The graduates of these programs are needed to be employed in positions leading areas that leverage the skills and knowledge acquired from these studies.

There are more than 25 different programs dedicated to RCAF occupations, but not all are offered annually. These programs are primarily for captains and majors and cover areas such as military and aerospace studies, aerospace engineering, aerospace operations and simulation.

Each year, a competition is launched to select candidates who will be offered PGT in a relevant

field with follow-on employment in a position at the sponsoring unit. This year's competition for Sponsored PGT starting in APS 2019 is expected to be published in a CANFORGEN in September with a deadline for applications around 30 November 2018.

Personnel interested in these opportunities should access the attached link to gather information on the programs offered and to start early in addressing the requirements that need to be satisfied to complete applications for consideration:

<http://cmp-cpm.mil.ca/en/recruitment-careers/education-programs/post-graduate-training-sponsored.page> (available only on the DND intranet system).

Other questions about RCAF domains of studies can be directed to Maj Ronald Palardy, D Air Pers Mgt 4-2, RCAF at [ronald.palardy@forces.gc.ca](mailto:ronald.palardy@forces.gc.ca).

# Études supérieures à temps plein : date limite fixée en automne

**Par La Direction-Gestion du personnel (Air)**

Les programmes d'études supérieures parrainées permettent à certains officiers de la Force régulière de faire des études supérieures au Canada ou à l'étranger dans des domaines d'études spécialisés. Les diplômés de ces programmes doivent être employés dans des postes qui nécessitent les compétences et les connaissances acquises lors de leurs études.

Plus de 25 programmes portent précisément sur les groupes professionnels de l'ARC, mais ils ne sont pas tous offerts annuellement. Ces programmes s'adressent principalement aux capitaines et aux majors et touchent des domaines comme les études militaires et aérospatiales, l'ingénierie aérospatiale, les opérations aérospatiales et la simulation.

Tous les ans, on tient un concours pour sélectionner des candidats qui auront l'occasion de suivre une formation universitaire supérieure

dans un domaine pertinent, pour ensuite occuper un poste dans l'unité parrainant le programme. Cette année, le concours du programme d'études supérieures parrainées qui commencera pendant la PAA de 2019 devrait être annoncé dans un CANFORGEN au mois de septembre et la date limite pour présenter une demande devrait être le 30 novembre 2018.

On invite tout militaire qui souhaite saisir cette occasion à accéder au lien suivant pour en savoir plus sur les programmes offerts de manière à prendre aussitôt que possible les mesures nécessaires afin de répondre aux exigences du programme :

<http://cmp-cpm.mil.ca/fr/recrutement-gestion-carriere/programmes-educations/etudes-superieures-parraine.page> (accessible uniquement dans l'intranet du MDN).

Si vous avez des questions concernant les domaines d'études liés à l'ARC, communiquez avec le major Ronald Palardy, Gest Pers (Air) 4-2 de l'ARC, à [ronald.palardy@forces.gc.ca](mailto:ronald.palardy@forces.gc.ca).

# Stigmatisation des maladies mentales en milieu de travail

**Par MDN**

On oublie souvent que la santé mentale touche bon nombre de membres de l'Équipe de la Défense, car les problèmes de santé mentale sont parfois dissimulés en milieu de travail.

Malgré les efforts déployés pour atténuer la stigmatisation entourant la maladie mentale, certains membres de l'Équipe de la Défense hésitent toujours à obtenir des traitements. Des études révèlent qu'un Canadien sur cinq aura un problème de santé mentale au cours de sa vie, mais que seule une personne sur sept aura recours à des services de santé. Du point de vue organisationnel, la prise d'étapes proactives pour aider le personnel à composer avec des problèmes de santé mentale constitue une obligation non seulement morale, mais également pratique, car elle permet d'accroître la productivité. L'Organisation mondiale de la Santé a constaté que plus de journées de

travail perdues sont attribuables à des problèmes de santé mentale qu'à tout autre problème physique.

Bon nombre de personnes aux prises avec des problèmes de santé mentale croient à tort qu'elles ne seront jamais aussi productives que leurs homologues. Pour composer avec la situation, les FAC ont délaissé le modèle traditionnel relatif à la santé mentale pour adopter le continuum de la santé mentale que tout un chacun peut consulter au quotidien.

Les membres militaires et civils de l'Équipe de la Défense constituent l'atout le plus important du ministère. Ces derniers appuient les opérations au pays et à l'étranger visant à protéger la population canadienne, à acquérir de nouveaux chars, à concevoir les technologies de prochaine génération et à assurer la prestation de services essentiels en matière de ressources humaines et financières.

# Mental illness stigma in the workplace

**By DND**

Mental illness affects many Defence Team members - an often overlooked fact as mental health conditions are sometimes concealed in the workplace.

Despite efforts to combat the stigma surrounding mental illness, some Defence Team members remain reluctant to seek treatment. Studies show that one-in-five Canadians will experience mental illness in their lifetime but only one-in-seven will reach out to access health services. From an organizational perspective, taking proactive steps to help staff deal with mental health is not only a moral obligation, but also a practical one that will enhance productivity. The World Health Organi-

zation has found that more working days are lost due to mental disorders than any physical condition.

Many people who suffer from mental illness live with the false belief that they will never be as productive as their counterparts. To help combat this, the CAF has moved from the traditional model for mental health to a Mental Health Continuum Model that anyone can refer to on a daily basis.

Military and civilian members of the Defence Team are the department's most important asset. It is these people who conduct operations, procure new tanks, develop next generation technology and provide critical human resources and financial services and who support domestic and international operations to help protect Canadians.

George A. Grant  
Processor

157804

## GRANT'S DOCUMENT PROCESSING SERVICE

[ggrant5@hotmail.ca](mailto:ggrant5@hotmail.ca)

8 Jamieson Street  
Dartmouth, Nova Scotia  
B3A 3B7

# Naval Security Team enhances ship protection on Op REASSURANCE

By SLt M.X. Dery

The Naval Security Team (NST) deployed to Greece in mid-September 2018 where it joined HMCS *Ville de Québec* in order to allow members of the ship's crew to take leave. The ship is half way through its six-month deployment on Operation REASSURANCE.

The NST is a scalable, flexible, and deployable Naval Reserve team that provides enhanced force protection for the safety and security of deployed Royal Canadian Navy (RCN) ships.

The team takes over the responsibility of force protection, which frees up personnel to support other tasks such as ship maintenance, and they provide an extra layer of enhanced land and sea-based force protection capability and expertise to support those deployed RCN assets.

This is the fourth time since its inception in 2017 an NST has deployed overseas.

"We've got 42 naval reservists from across Canada, from Ordinary Seaman all the way to Lieutenant (Navy)," said Lt(N) Jean Richer, Officer in Command of NST. "They have myriad experiences they bring to the table to better protect the ship and contribute to the team."

For Lt(N) Richer, who joined the Naval Reserve in 2001, this will be the first time leading such a unit on a deployment and is a unique opportunity for him to "exercise command of a small team."

Prior to departing, NST Greece trained at CFB Esquimalt, B.C., for three weeks to build unit cohesion and refresh on weapon's handling, force protection, and rules of engagement.

"Then we trained on a ship for all the scenarios we might face in Greece, so we are ready to protect the ship," said Lt(N) Richer about the final week of training and Sea Training's final assessment.

Cmdre Angus Topshee, Commander Canadian Fleet Pacific, spoke to the NST Greece team following their final training exercise and was pleased with the results.

"It's clear to me the training we provide you is high quality," he said. "There is no doubt in my mind that you are ready to go off and perform the mission in Greece."

NSTs are drawn from all Naval Reserve Divisions across Canada and are always looking for new team members. If you are a primary reservist, let your chain of command know you are interested in joining the NST on an upcoming deployment.



AB Darcey Tieincy on watch as upper deck sentry aboard HMCS Vancouver during the sea training validation phase prior to deployment.

RCN



A rigid hulled inflatable boat from HMCS *Ville de Québec* carrying the Boarding Party members comes alongside while sailing in the Mediterranean Sea during Operation REASSURANCE on September 17, 2018. The ship recently completed a rest and maintenance period, during which the Naval Security Team comprised of Naval Reserve members from Across Canada joined the ship in order to allow the ship's crew to take leave.

MCPL ANDRE MAILLET, MARPAC IMAGING SERVICES



Sisters AB Montana Cross and AB Madison Cross pose on their final training day aboard HMCS Vancouver prior to deployment.

RCN



# Former sailor recalls running with the Roadants

By Peter Mallett,  
The Lookout Staff

Today's students at Royal Roads University in Colwood should be thankful their graduation doesn't hinge on completing a perilous obstacle course designed for Roadants.

Retired Lt(N) Douglas Cope remembers having to complete the trial-by-fire, make-it-or-break-it, Recruits Obstacle Course. The Roadants ran their treacherous task through the steep forested ravines and waterways during a time when the scenic West Shore campus served as a military academy.

The obstacle course was designed as the ultimate test of physical endurance for first-year cadets of the 1950s and 60s who were nicknamed the Roadants.

Cope and other young Roadants attended Royal Roads long before it became a university. At that time, it was known as Canadian Services College Royal Roads, one of the nation's three military colleges.

Royal Roads became a public degree-granting university in 1995 when the military college closed its doors and was absorbed by Royal Military College (RMC) in Kingston, Ont.

Cope, 76, was among a group of 20 former soldiers, sailors and air men alumni who were part of Royal Roads 1963 Graduating Class and attended Homecoming Weekend at the Colwood campus, September 7-9. The semi-retired engineer and author said returning to the campus and seeing familiar faces gave him an extreme memory jolt recalling many of the experiences

as torturous but also indelible.

"Once you were a Roadant you were always Roadant; the military college experience is very different from what it was when I attended Royal Roads," said Cope. "The Recruits Obstacle Course was one of the toughest things that we had to do, and I have ever done since, and it left a lasting impression as did all of my experiences during my first year at Royal Roads."

## The Roadants return

Like most university homecoming events, Cope and the rest of the alumni gathered on campus to reconnect with old friends, swap stories, have a laugh and tell jokes. It didn't take long for the discussion to focus on that unsavoury but memorable day in the fall of 1961.

"There was nothing about that obstacle course that was fun, but it was fun to re-live the event and be glad that we survived," he said. "We [cadets] bonded that year and remain friends to this day."

Cope has written extensively about life at Royal Roads in his book *The Roadants, of Canadian Services College Royal Roads* describing his love-hate experiences from his first and second years at the school through a series of vignettes following the cadets from their arrival to graduation. He also dedicated a lengthy chapter to the day when he and the rest of the recruits successfully completed the obstacle course.

In the cold, damp morning of October 20, 1961, Cope and approximately 100 other first-year cadets, divided

into 20-person teams, took to the sprawling ravine, located at the east end of the 650-acre property, to begin the dreaded obstacle race. The intention of the race wasn't to determine a best time but instead was all about each member of the team crossing the finish line.

The obstacle course ran mostly uphill through densely forested ravine with old growth giants and thick brush that made for treacherous footing at best, says Cope. The recruits were required to traverse several physical and man-made obstacles.

Recruits had to traverse both sides of the steep ravine and wade through giants pools of cold water located in the ravine's bottom; scale a 10-foot high wooden wall with an intentionally foul-smelling open pit of mud behind it; scramble over a net strung across a set of rapids, hike up a five-metre pole painted with axle grease suspended over yet another mud pit, walk a large rope net tied between Douglas Fir trees where the cadets were sprayed with fire hoses; and crawl through a 10-metre culvert built into one of the hillsides that ended with a small waterfall into a causeway.

If that wasn't enough, then there was the penultimate commando-style obstacle course located above the ravine on the campus sports fields. It required recruits to navigate swinging tires, box horses, 60cm drainpipes, an 18-metre long, steep-inclined greased ramp. The final obstacle - traverse a large pond on a suspended rope ladder.

## Making the grade

Living life as a young military cadet over a half-century ago in post-Second World War Canada was a world away from today, says Cope, and specifically in terms of physical demands placed on young recruits.

"Being a new cadet was torture for about the first year and was all about strenuous physical activity including relentless running and mandatory sports participation combined with an incredibly heavy course load," says Cope. "Out of the 126 new recruits that year only 80 completed their degrees and graduated. Many of the voluntary resignations occurred after the first six weeks at Royal Roads."

Cope graduated from Royal Roads in 1963, was transferred to RMC in Kingston where he earned his qualification as an electrical engineer. After graduating he would spend just three years in the Royal Canadian Navy before recurring seasickness eventually forced him to seek out a new path in life.

On September 8 Cope and his fellow former cadets made their way to that pond and the spot of the last obstacle on the course for a quick photograph. When a photographer from the University asked Cope if he would ever consider trying to complete the course again he quickly refuted that notion.

"Trust me, at my age of 76 I do not intend to repeat the obstacle course because I would likely be dead within the first 20 metres," he said.

For more information about Cope and his book visit: <https://store.rmclub.ca/products/the-roadants-of-canadian-services-college-royal-roads>



## HMCS Edmonton to use Unmanned Aerial System

From left: In the fo'c'sle of HMCS Edmonton in HMC Dockyard at CFB Esquimalt, LS Meghan Heal, MS James Willoughby and LS Erik Stirler showcase the Royal Canadian Navy's new Maritime Miniature Unmanned Aerial System (MMUAS), a CU-175 PUMA.

LS MIKE GOLUBOFF, MARPAC IMAGING SERVICES

**HOME FINDERS**  
& Property Management



To Rent or List an Apartment, House, Condo, or Flat.  
For Help Finding a New Home.

Office: 902-435-0368 • Fax: 902-405-9762

Dawn@HomeFindersHfx.com • Lynne@HomeFindersHfx.com

[www.HomeFindersHfx.com](http://www.HomeFindersHfx.com)

# 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)

## Racers push through mud and rain at PO2 Craig Blake Memorial Fitness Challenge

By Ryan Melanson,  
Trident Staff

It was a cold, wet and very muddy morning at MacDonald Beach in Shearwater, but that didn't stop more than 150 athletes from showing up and pushing their limits at the 2018 PO2 Craig Blake Memorial Fitness Challenge on September 28.

The mini-triathlon has been held each year since 2011 in honour of PO2 Craig Blake, a clearance diver who was killed in Afghanistan in 2010 by an improvised explosive device. He was known for being an avid athlete, and frequently competed in triathlons. The Memorial Challenge involves completing a 300-metre swim, a 6.5-kilometre mountain bike, and a two-kilometre run through the MacDonald Beach course. Many choose to split the three components up and compete as a team, while others challenge themselves to complete the entire race as an individual.

PSP Halifax's Wally Buckoski, who knew PO2 Blake as a regular at the Shearwater gym, was the emcee for the race. He described PO2 Blake as a dedicated family man who was inspirational in his commitment to his career and his physical fitness. He also noted that that PO2 Blake was one of the founders of the local CFAST swim team.

"He loved fitness and he loved to work hard, that's why I know he's watching over us and decided to really make it a challenge this year with the rainy weather," Buckoski said.



Swimmers hit the water at MacDonald Beach for the 300-metre swim portion of the mini triathlon.

RYAN MELANSON TRIDENT STAFF

PO2 Blake's wife Priscilla attends the race each year, and was joined this year by PO2 Blake's brother Chris, who travelled from Ottawa with his two sons for the event. Priscilla Blake and Chris Blake completed the race as a team together with friend Christine Cosgrove, while PO2 Blake's two nephews, Cole Blake and Aiden Blake, competed as individuals, finishing in 18th and 22nd place respectively.

As usual, members of Fleet Diving Unit (Atlantic) were out in force to pay tribute to their former colleague, and also logged the fastest finishing times in the team category with team Get Rich or Die Tri finishing the course in 28:34, as well as the COTW/COTF/Wing Cup category with the FDU(A) team finishing with a time of 29:40. Participants were all invited to

a reception at FDU(A) following the event.

"It means a lot to us that so many people braved the weather and came out to participate," said LCdr Patrick Fournier, the Commanding Officer of FDU(A).

"Craig was an absolutely elite member for us at the Fleet Diving Unit. Anyone who knew him, ran with him, or got beat down by him in as an instructor, knows that he was a fitness machine."

Organizers thanked PSP Halifax staff for their hard work in successfully pulling off the event once again, as well as Tim Hortons and Subway for providing lunch, along with other sponsors including Lasik MD, Via Rail, Alexander Keith's, Babcock, and the Atlantica Hotel.

### Top finishing times:

#### Individual male

1. LS Ryan Comeau (30:51)
2. LCdr Kharim Schliewinsky (31:59)
3. MS Stewart Riggs (32:18)

#### Individual female

1. Lt(N) Natalia Borszczow (40:19)
2. WO Charlene Arsenault (42:20)
3. NCdt Arina Bokov (43:32)

#### Team

1. Get Rich or Die Tri (28:34) – swimmer LS Chris Trufal, biker LS Dylan Parker, and runner LS Kyle Groinus.
2. 2 Mechanics & an Eng (29:33) – swimmer Emily Secord, biker Jim Rankin, and runner Jonathan Conrad, all FMF Cape Scott employees.
3. Training Never Stops (29:37) – swimmer LS Evan Gilbert, biker LS Bradley Northrup, and runner PO2 Marcel Croteau.

#### Team - COTW/COTF/Wing Cup

1. Fleet Diving unit (Atlantic) (29:40) – swimmer LS Mark Littler, biker MS Josh Oldford, runner LS Jean-David Paradis.
2. HMCS *St. John's* (32:51) – swimmer Cdr Peter Sproule, biker PO2 Katarzyna Danigier, runner LS Cody Pearson.
3. Asterix (33:00) swimmer MS Ryan Macneill, biker MS Daniel Laurenti, runner LS Benjamin Busch-Ander.

## Sports in song

By Stephen Stone

The following quiz features song lyrics which are associated with sports. Name the sport and the song/singer/band. If the sport is in the title, well, no need to name the sport.

### Questions

1. I used to be a rolling stone you know, if a cause was right.
2. Risin' up, back on the street, did my time, took my chances
3. They storm the crease, like bumble-

4. bees, they travel like a burning flame
5. Oh put me in coach; I'm ready to play today
6. I knew 'em all, from Boston to Dubuque, especially Willie, Mickey and the Duke
7. I am just a poor boy though my story's seldom told
8. Season's end, and the stands come down, one less heart in one more town
9. Well, it's Monday night and we're ready to strike!
10. Saw him the other night at this road side bar; I was walking in, he was

11. walking out
12. I can relate to kids going straight to the league/When they recognize that you got what it takes to succeed
13. Not many ways out of the cold northern town; you work in the mill and get laid in the ground
14. Can you move in a whirl like a hummingbird's wing if you need to (ooh that's fast)
15. If I don't make a hit with him, My heart will break in two
16. But homie this is my day/Class started two hours ago, oh am I late?

17. I'm rockin' my peers, makin' the tears rain down like a monsoon
18. Stop right there! I gotta know right now! Before we go any further!
19. My Road to glory filled with thorns, ...I train to remain strong
20. Buy me some peanuts and Cracker Jacks – this is your gimme
21. He is undeterred, Says, I am the greatest there has ever been. And he grits his teeth and tries again
22. He knows how to talk; and he knows how to fight

Answers on page 21

# Fitness and sports updates

By Trident Staff

As part of the planned transition of fitness services from STADPLEX to other CFB Halifax facilities, all STADPLEX fitness classes and FORCE testing will be moved to the Fleet (Dockyard) gym, building D216 effective October 1. STADPLEX will still be available to members wishing to access the cardio and weight rooms, squash court and running track for the month of October. Visit [www.cafconnection.ca/halifax](http://www.cafconnection.ca/halifax) for more information and new schedules. Any inquiries regarding fitness classes and FORCE testing can be sent to Lucas Hardie, CFB Halifax Fitness Coordinator at [Lucas.Hardie@forces.gc.ca](mailto:Lucas.Hardie@forces.gc.ca), 902-427-3524.

**The CFB Halifax Old Timers Hockey Team** is looking for new players. All interested players wishing to participate should contact Reginald. Simmons at [Simmons@forces.gc.ca](mailto: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@](mailto:rick.austin@forces.gc.ca)

[forces.gc.ca](mailto: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](mailto:philip.gagnon@forces.gc.ca)



Des membres de l'UPF(A) ont participé au Défi du conditionnement physique à la mémoire du M2 Craig Blake qui avait lieu à la plage MacDonald.

LS BRADLEY UPSHALL, 12 WING IMAGING SERVICES

## FDU(A) wins at fitness challenge

Members of FDU(A) participated in the PO2 Craig Blake Memorial Fitness Challenge.

Congratulations to all but particularly the winning teams:

**Wing Cup team competition:**

Swimmer: LS Mark Littler  
Biker: MS Josh Oldford  
Runner: LS Jean-David Paradis

**Top overall in the open team competition:**

Swimmer: LS Chris Trufal  
Biker: LS Dylan Parker  
Runner: LS Kyle Groinus

Félicitations à tous mais une mention spéciale aux équipes gagnantes:

**Compétition de la coupe de l'Escadre:**

Nageur: Mat1 Mark Littler  
Cycliste: Matc Josh Oldford  
Coureur: Mat1 Jean-David Paradis

**Grand gagnant de la catégorie ouverte à tous:**

Nageur: Mat1 Chris Trufal  
Cycliste: Mat1 Dylan Parker  
Coureur: Mat1 Kyle Groinus

## Sports in song

Questions on page 20

**Answers**

1. *Philadelphia Freedom* – Elton John – Tennis
2. *Eye of the Tiger* – Survivor – Boxing – theme of Rocky II
3. *The Hockey Song* – Stompin' Tom Connors
4. *Centerfield* – John Fogerty – baseball
5. *Talkin' Baseball* – Terry Cashman
6. *The Boxer* – Simon and Garfunkel – Boxing
7. *Football Song* – Chumbawamba – English Soccer

8. *All my Rowdy Friends Are Coming Over* – Hank Williams, jr. – Football (NFL)
9. *Glory Days* – Bruce Springsteen – Baseball
10. *Thank Me Now* – Drake – Basketball (NBA)
11. *Big League* – Tom Cochrane – hockey
12. *So You Want To Be A Boxer* – Buggy Malone
13. *I love Mickey* – Teresa Brewer – Baseball
14. *Can't Tell Me Nothin'* – Jay Z –

- Basketball
15. *Mama Said Knock You Out* – LL Cool J – Boxing
16. *Paradise By The Dashboard Light* – Meatloaf – baseball
17. *Road To Glory* – Tupac – Boxing (written for Mike Tyson)
18. *Take Me Out To the Ball Game* – Jack Norworth (lyricist) & Albert Von Tilzer (composer) – Baseball
19. *The Greatest* – Kenny Rogers – baseball
20. *Black Superman* – Johnny Wakelin – Boxing (about the Greatest – Ali)



**Century 21**  
Trident Realty Ltd.

A professional realtor  
looking out for your  
needs since 1998!



**Great New Price: \$159,777**  
Welcome to 97 Bonaventure Drive!  
Sorry you missed out on this gem but I'd be happy to work with you in finding your dream home. Call, email or text me!  
Enjoy summer on the sunny back deck overlooking fenced yard! Minutes to ocean's edge, golf or walk on boardwalk!

Cell: 902.489.2525 • Fax: 902.434.9764  
[jackie.pitt@century21.ca](mailto:jackie.pitt@century21.ca) • [century21.ca/jackiepitt](http://century21.ca/jackiepitt)



# 49th Mini Grey Cup has potential to be a classic

By Ryan Melanson,  
Trident Staff

Less than two weeks remain before the Wardroom Officers and Fleet Club Slackers take to Porteous field for the 49th Annual Mini Grey Cup flag football game, and Wardroom coach Lt(N) John Willigar said both teams are busy preparing for what could be a memorable match.

“This will not be a pick-up football game with teams drawing plays in the sand, it will be entertaining football. If weather cooperates, this has the potential to be the best Mini Grey cup to date.”

Lt(N) Willigar said weekend practices for the officers’ team have been ongoing for about six weeks, and while turnout has been good, the team is adjusting to significant turnover from last year’s game due to postings and the fall sailing schedule. New players are stepping up to fill the spots, however, and Mini Grey

Cup veterans like quarterback LCdr J.R. Gallant, defensive end LCdr Vic Armes, linebacker Lt(N) Jeff Horne, and Lt(N) Willigar himself in the receiver position, all are returning for 2018.

“This year’s MGC will be a great game for sports fans to watch as both teams are organized, well coached and have talented rosters, which include several CIS level athletes,” Lt(N) Willigar added.

Last year’s game was hard fought, with the Wardroom controlling the first half before failing to stop a late offensive rally from the Fleet Club, for a final score of 18-14 in favour of the Slackers. The win marked four years in a row for the Slackers, who have been victorious through 17 of the last 18 Mini Grey Cups.

But that doesn’t mean this year’s game is already decided, and Lt(N) Willigar said either team could come away with the win. He added that the key for a Wardroom victory will be winning on special teams and limiting penalties, while executing football fundamentals.

It’s also not too late to join in on practices and play for the Wardroom; any interested officers can email [John.willigar@forces.gc.ca](mailto:John.willigar@forces.gc.ca).

For the fans, the tailgate party starts at Porteous Field at 11:30 a.m, with drinks and food available, before the Mini Grey Cup game kicks off at 1 p.m.

*Wardroom quarterback LCdr J.R. Gallant, seen here during last year’s Mini Grey Cup, will be returning for the 2018 edition of the game, set for October 26 at 1 p.m.*

MONA GHIZ, MARLANT PA

49TH ANNUAL



**FRIDAY, OCTOBER 26, 1300 HRS | PORTEOUS FIELD, CFB HALIFAX**

**PLEASE CONTACT:**

**WARDROOM**

[John.Willigar@forces.gc.ca](mailto:John.Willigar@forces.gc.ca)

**SLACKERS**

[Mike.Stainton@forces.gc.ca](mailto:Mike.Stainton@forces.gc.ca)



[CAFCONNECTION.CA/HALIFAX](http://CAFCONNECTION.CA/HALIFAX)

[/PSPHALIFAX](https://www.facebook.com/PSPHALIFAX)

**TAILGATE PARTY BEGINS AT 11:30!**

# Super Crossword

BE AWARE

ACROSS

- 1

Goof (up)
- 5

Gland near a kidney
- 12

NASCAR units
- 16

ER skill
- 19

Vocal quality
- 20

On the dot
- 21

Jai --
- 22

"... boy -- girl?"
- 23

"This shop sells every fruity frozen dessert flavor?"
- 26

Ryan of films
- 27

Hot peppers
- 28

Bank charge
- 29

In -- (bored)
- 30

Three or four
- 31

Segway inventor Dean
- 32

Broncos' gp.
- 33

"John Brown's Body" poet's wages?
- 36

Mexico Mrs.
- 37

Long cut
- 38

TV's Swenson
- 39

Lofty nest
- 40

Flying disc that toy spaniels love to fetch?
- 44

Was a blowhard
- 46

Big name among cello virtuosos
- 47

Label for Elton John
- 48

Bric-a- -- (trinkets)
- 49

Ship's trail
- 51

Thorough search of an Apple computer?
- 59

Pierre's "here"
- 62

Virile type
- 65

Inferior to
- 66

Mixed in with
- 67

Lots of sun-dried brick surrounding an empty space?
- 72

Former Navaho foes
- 73

Toy with
- 74

Massive mammal, for short
- 75

K'ung Fu- -- (Confucius)
- 76

Political group turns against one of its own members?
- 80

This, in Argentina
- 82

Dinghy pair
- 83

-- polloi (the masses)
- 86

Some electric cars
- 90

Early-flowering leguminous trees
- 94

Flemish painter being violent?
- 98

Love, in Paris
- 99

Slacken
- 100

Beard, e.g.
- 101

Ming of basketball
- 102

"The Zoo Story" playwright with red hair?
- 105

-- Jima
- 106

-- de Lune"
- 108

Momentous time periods
- 109

Omanis, e.g.
- 110

D.C. ballplayer
- 111

Milano of "Charmed"
- 112

Was idle
- 113

Enter a sea between Siberia and Alaska?
- 117

Broke bread
- 118

Years on end
- 119

Put in place
- 120

Tony winner Adams
- 121

Danson of "Dad"
- 122

Player's fee
- 123

Mutinied ship of 1839
- 124

Mems. of the upper house

DOWN

1

Is loyal to

2

Romeo type

3

Closeness

4

Norman Vincent --

5

Big goons

6

ER figures

7

Assert again

8

Drawing from many styles

9

Aswan Dam's river

10

Obstinate animal

11

Astral feline

12

Noted locale of tar pits

13

Alaskan language

14

Singer LuPone

15

She's part of the fam

16

Solace

17

Early baby, informally

18

Pollen-count plant

24

15-Down, e.g.

25

Scope

30

Tennis zingers

32

'80s sitcom

33

Highchair neckwear

34

Atlanta-to-Charlotte dir.

35

Racial rights gp.

37

Twisted and turned

41

"-- goes it?"

42

Largest city of Nebraska

43

Walton of Wal-Mart

44

Chocolate treat

45

Sturdy wood

48

Kiosk, e.g.

50

Stage hams

52

Nuns' home

53

Co. honcho

54

Hazy image

55

Rally yell

56

Skip over

57

Boxes for recycling

58

Ax feature

59

"It's my turn"

60

-- rug (dance)

61

Cake froster

63

Helps illicitly

64

Approaching

68

Pres. before DDE

69

White -- ghost

70

GM security service

71

Clan symbol

77

"-- one to talk!"

78

Severe

79

The lady

81

Nile slitherer

84

Away for an extended break

85

Cry after catching someone in the act

87

Save for later

88

"Little Birds" author

89

Warehouse charges

90

Directs fury toward

91

Dubai, e.g.

92

Gave away

93

Pesters

94

Shul head

95

Spend

96

Stinging flier

97

Brazilian port city, in brief

99

Pass by

103

Expose by blabbing

104

"-- you clever!"

106

The Indians, on sports tickers

107

U-shaped instruments

110

Terse denial

111

Undercover?

113

Viking realm

114

Intel org.

115

Senator Kaine

116

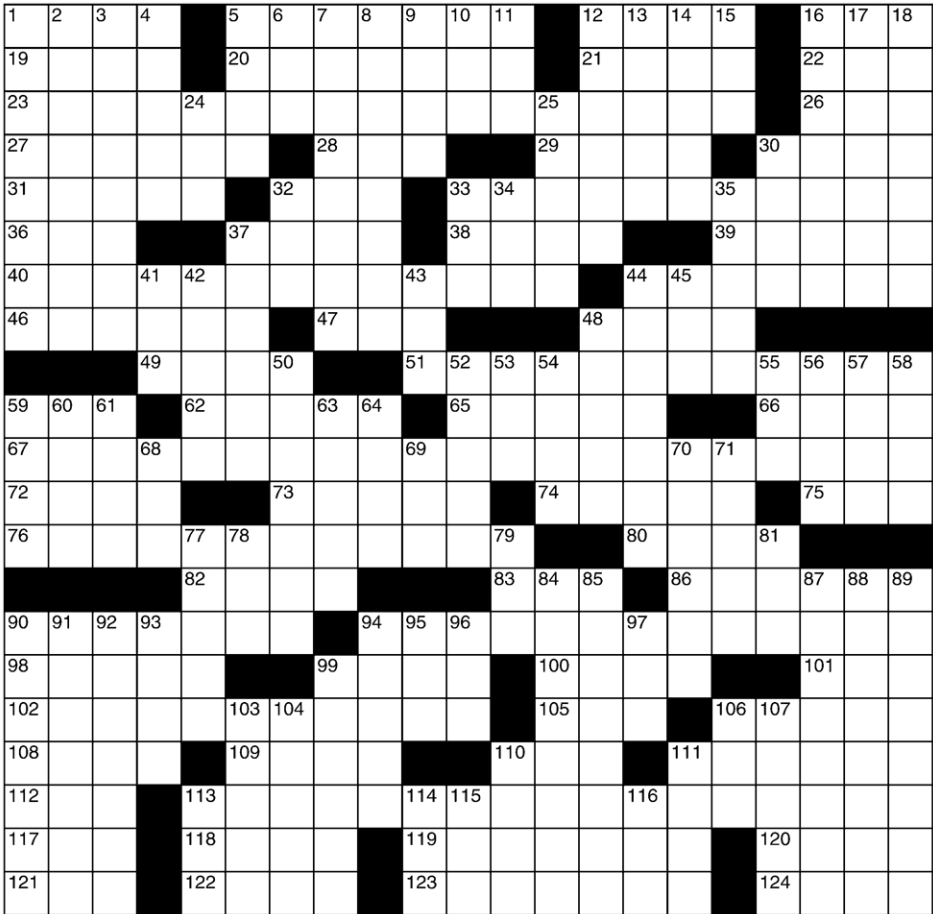
Hellenic "H"

## Op REASSURANCE personnel do Terry Fox Run in Romania



Members of Op REASSURANCE participate in the Terry Fox Foundation Run, which raises funds for cancer research. The run took place on Mamaia Beach, Constanta, Romania, on September 29, 2018.

CPL DOMINIC DUCHESNE-BEAULIEU



©2018 King Features Syndicate, Inc. All rights reserved.

Lost Creek

GOLF CLUB

310 KINSAC ROAD

BEAVER BANK

TIMES 865 4653

info@lostcreek.ca

www.lostcreek.ca

SPECIAL DND PACKAGE

5 ROUNDS OF 18 HOLES

ANYTIME MON - THURS

OR ANYDAY AFTER 3PM

ONE ONLY PER PERSON

AT THIS PRICE...

\$130

PLUS HST

157808

LOST CREEK GOLF CLUB

SACKVILLE 7 MINS

BEDFORD 13 MINS

BURNSIDE 16 MINS

HALIFAX 24 MINS



Innovation  
that excites

NISSAN **INTELLIGENT MOBILITY**

# TRUCK MONTH

FOR A  
LIMITED  
TIME



## FRONTIER

LEASE FROM

**\$89** FOR **24**  
/ WEEK MONTH

**\$2,995** DOWN

## TITAN

**\$44,995\***

OR

LEASE FROM

**\$99** @ **4.9%**  
/ WEEK APR

**O'REGAN'S NISSAN DARTMOUTH**  
**THANKS OUR CANADIAN MILITARY**  
**WITH A NO HAGGLE AUTOMOTIVE BUYING EXPERIENCE.**

VISIT O'REGAN'S NISSAN DARTMOUTH TODAY FOR SPECIAL DISCOUNTS AND OFFERS  
DEVELOPED EXCLUSIVELY FOR MILITARY PERSONNEL.



**O'REGAN'S**  
DRIVING HIGHER STANDARDS®

NISSAN  
DARTMOUTH

DARTMOUTH - 60 BAKER DRIVE, UNIT C  
902-469-8484

[OREGANSNISSANDARTMOUTH.COM](http://OREGANSNISSANDARTMOUTH.COM)

\*See dealer for details.